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Calgary metro

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WOMEN IN POWER: BULLYING IN ALBERTA POLITICS

A 3-PART METRO SPECIAL FOCUS

'It's not part of the job, it's not acceptable and it's certainly not a joke'

Marie Renaud

metroNEWS

KEVIN TUONG/FOR METRO



Calgarians get a break with 0% tax increase

Helen Pike
Metro | Calgary

It's a warning to all businesses outside of the core: when the economy is slow, and downtown property demand dwindles, the taxman has to make up for lowered property assessments somewhere.

Next year will bring a tax freeze if council commits. But what's become clear as the downtown vacancy rate remains high is that businesses outside the core will have to bear the cost of new non-residential property taxes while their business taxes are phased out.

"We're fighting tax increases at every front we possibly can," said Coun. Andre Chabot. "You can only stretch it so far."

Mayor Naheed Nenshi said the city found \$183.3 million in savings to offer fee reductions and freeze the tax rate.

This year, the city did a "comprehensive" review of the budget to align with the tough economic times. That's where the "zero" per cent tax increase comes in, but not all will see a steady tax bill.

"This is really important for people to understand," said Nenshi. "People will see significant changes in the non-residential side and people will see significant changes."

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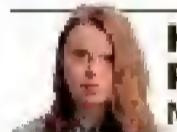
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Economy doesn't sink satisfaction

POLL

Study shows confidence in city despite difficult times

 **Helen Pike**
Metro | Calgary

As Calgarians face the brunt of the economic downturn, a hint of optimism rings true for the city in difficult times.

On Tuesday, the city released results for their annual citizen satisfaction survey, which showed citizens still feel they have a good quality of life, opportunity and are well served by their city services.

Down 3 per cent from 2015, just over 83 per cent of Calgarians feel they have a "good" quality of life, but notably, 37 per cent of those questioned would say the city's quality of life has worsened over the past three years.

"The positive is that people still really value city services, and still perceive really high value for money," said Nenshi. "However, obviously as we look at this, a lot of our neighbours are hurting in many ways, and so the biggest thing that I need to think about is what can the city now do as a result."

The mayor said the city can

work on three things: continuing to build things, having the city sell itself to Calgarians and outside entrepreneurs, and ensuring the city is operating as efficiently as possible.

No longer are Calgarians confident the city is a "great place to make a living." Last year, 80 per cent would agree that the city is a place to flourish financially, but in 2016 only 65 per cent concurred.

What's more is Calgarians

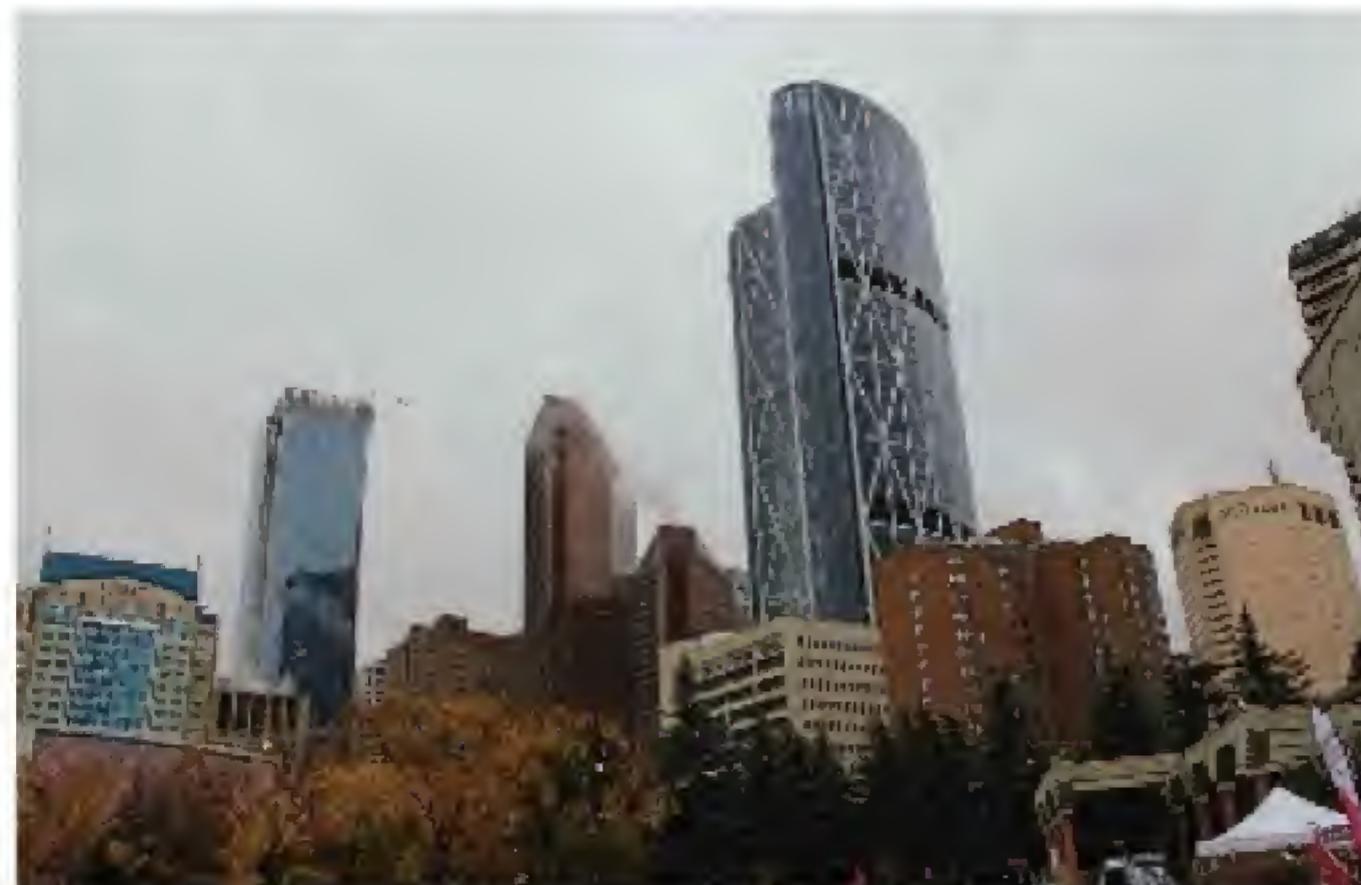
aren't as happy with their property tax assessments, with a "marked" drop to 73 per cent down from the 2015 80 per cent response.

There's an increased appetite from respondents to see the city make some cuts in order to maintain or reduce tax rates — but more than six-in-ten Calgarians think they're getting good value for their tax dollars when it comes to city services.

The survey was done over the

phone (landline or cell) with a randomly selected sample of 2,500 Calgarians between the end of August and beginning of September. The margin of error for the total sample is plus or minus two percentage points 19 times out of 20.

According to the mayor, these numbers will help the city as they make decisions on the budget, services and how to help out Calgarians in tough economic times.



Skies may be a bit grey right now given the economy, but Calgarians still have reason to keep their chins up, according to the city's latest satisfaction survey. **BRODIE THOMAS/METRO**

15%

Crime, safety and policing has become the third most important issue with Calgarians, up three points from 2015

9%

Nearly one-in-10 Calgarians are more concerned about the economy, up 6 points from 2015

86%

Calgarians who believe the city is on the right track to being a better place 10 years from now

49%

Number who cite roads, traffic and infrastructure as an important issue

35%

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Marie Ferraro built the Little Free Pantry behind her with the help of friends, and has built a second structure which will be placed in Bowness. ELIZABETH CAMERON/FOR METRO

'Take what you need, give what you can'

COMMUNITY

Little Free Pantry provides basic essentials to Calgarians

Elizabeth Cameron
 For Metro | Calgary

Take a toothbrush, leave a package of Ramen.

You've likely seen the Little Free Libraries popping up in Calgary, which use the honour system to exchange new reads.

Marie Ferraro and her friends have started a similar initiative called the YYC Free Pantry Project. Instead of books, Calgarians are encouraged to leave non-perishable goods and essentials, such as deodorant and toothbrushes,

in the small wooden structures.

"I thought it was a super-cool way to pack some goodness into the stream of life," Ferraro said.

Inspired by a friend in Saskatoon who started building free pantries in his community, Ferraro put a call out to her friends to see if they wanted to do the same in Calgary.

Several friends stepped up, with one even offering to cover half of the cost.

Ferraro works at Ascending Koi Tattoo & Apparel three days a week, and her boss agreed to let her put the first pantry the group built on the tattoo shop's lawn, located at Edmonton Trail and 15 Ave. NE.

A second pantry has already been built by the group, and is going to be placed in Bowness, possibly this weekend.

The first pantry cost around \$70 to build, using all new ma-

terials. It features two shelves, hand-painted flowers on the exterior and a sign that reads "Little Free Pantry, take what you need, give what you can."

Ferraro said it's possible to build a pantry for less than the amount she spent.

"We have a blurb on our Facebook page with details on how to build your own, less-detailed version," she said, adding that the group is happy to pass the blueprints and design information on.

"Our goal is to get friends of friends involved, and we hope

they start popping up everywhere like the little free libraries," she said.

The structures must be placed on private property, so Ferraro hopes more Calgarians are inspired to build pantries for their own lawns.

"I think it's a good way for people to give back in a way they didn't know they could," she said.

"For a long time, I was not a wealthy human being. I was homeless sometimes, and people were really kind to me (during those times)," she said.

The possibility of vandalism don't concern Ferraro.

"If it gets vandalized, it's something that could happen with any community project. I hope that people see it's for their community, and maybe that would deter them," she said.

"I think it's a simple way to make the world a little better."

POLICE

Ex-officer charged with 11 criminal offences

Lucie Edwardson
 Metro | Calgary

A former eight-year veteran of the Calgary Police Service has been charged with 11 criminal code offences following a professional standards section investigation.

According to a release from CPS, the investigation was launched after a man and woman contacted police to

make a complaint against the officer for alleged harassment.

The investigation revealed two rather concerning events involving the officer, police said.

The first took place in July 2015 when the woman was stopped by an officer for a traffic offence.

Once she had been issued the ticket for the violation, her vehicle was towed and the officer offered to drive her home.

The woman alleges the drive to her northeast home

took around 3-1/2 hours. During that time she was unlawfully confined in the back of a locked marked police vehicle, according to police.

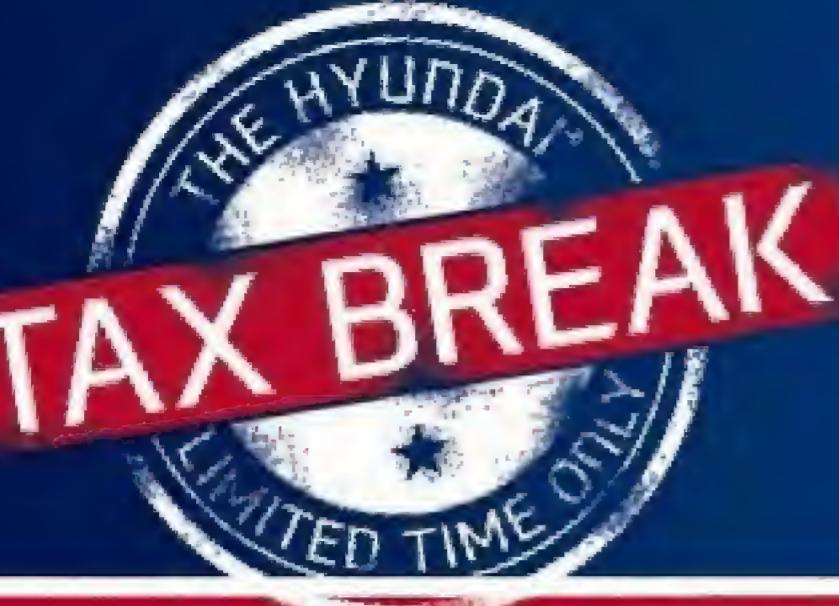
The second incident occurred in January 2016 when couple was returning home and found a police car approaching them.

It's alleged that the same officer from the traffic stop got out of his police car and made his way toward the couple's vehicle. The woman got out of her car and went inside.

The officer asked the boyfriend to remain in his car and entered the home without permission or legal authorization.

The investigation also revealed the officer had been accessing CPS databases to obtain information about the couple.

The former officer, Denis McHugh, 35, is charged with kidnapping, obstruction of justice, breaking and entering, breach of peace, fraudulently obtaining a computer service and breach of trust.



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Parents welcome cheaper childcare

CHILDREN

\$10 million investment aims to create 1,000 spaces

Lucie Edwardson
Metro | Calgary

Calgary parents say a \$10 million investment into affordable childcare in Alberta is welcomed and long overdue news.

The \$10 million, announced Tuesday, will be used to support the development of up to 18 new Early Learning and Child Care (ELCC) Centres — resulting in an estimated 1,000 new child-care spaces — with the aim of creating more affordable and accessible childcare by capping fees at \$25 a day (with lower income subsidies available).

Jennifer Schacter-Murray has two young sons under three, and said she's been

NEED TO KNOW

■ Non-profits wishing to apply to be considered as one of the 18 centres must fill out an expression of interest form by Jan. 20, 2017.

■ The final decisions will be made by April 2017, and Sabir said he hopes to see the program in effect later that month.

■ It's expected that this program will create roughly 230 new jobs.

quoted astronomical prices for childcare.

"That's why most women end up staying home — even though it's not really affordable to stay home," she said. "It's because they're putting more into daycare than they're bringing in."

Schacter-Murray said the announcement is amazing news

for many Albertans.

"I 100 per cent hope this takes off successfully," she said. "No one should have to stay home poor because they can't afford to go to work."

Minister of Human Services Ifran Sabir said there are five outcomes the ELCCs will focus on: space creation, affordability, quality, program evaluation and addressing system gaps.

Elizabeth Young who has two kids under two has been struggling to find affordable child care so she can go back to work, but said the announcement gives her hope affordable care is on the horizon.

One of the gaps Sabir hopes to address with the creation of the new ELCCs is to offer flexible child care for parents working shift work or part-time jobs outside of regular day care hours. He said one way of achieving this will be by making sure care is in accessible places like hospitals and other public buildings.

"I think it's really positive



Elizabeth Young is hopeful that she will be able to find affordable and accessible childcare for her daughters, **Olivia Pearce** and **Gabbi Pearce**, once the new ELCC centres open.

ELIZABETH CAMERON / FOR METRO

and I'm hopeful it will mean more affordable accessible childcare for families," said Young. "I work shift work and it's been exceptionally hard to find child care at all."

Young said one of her children shows early signs of autism so she's also encouraged

two more years of funding. The locations of the centres will be chosen to target areas of highest demand.

Of the \$10 million, Sabir said \$1 million would be used for research looking at the "potential for growth" of the program.

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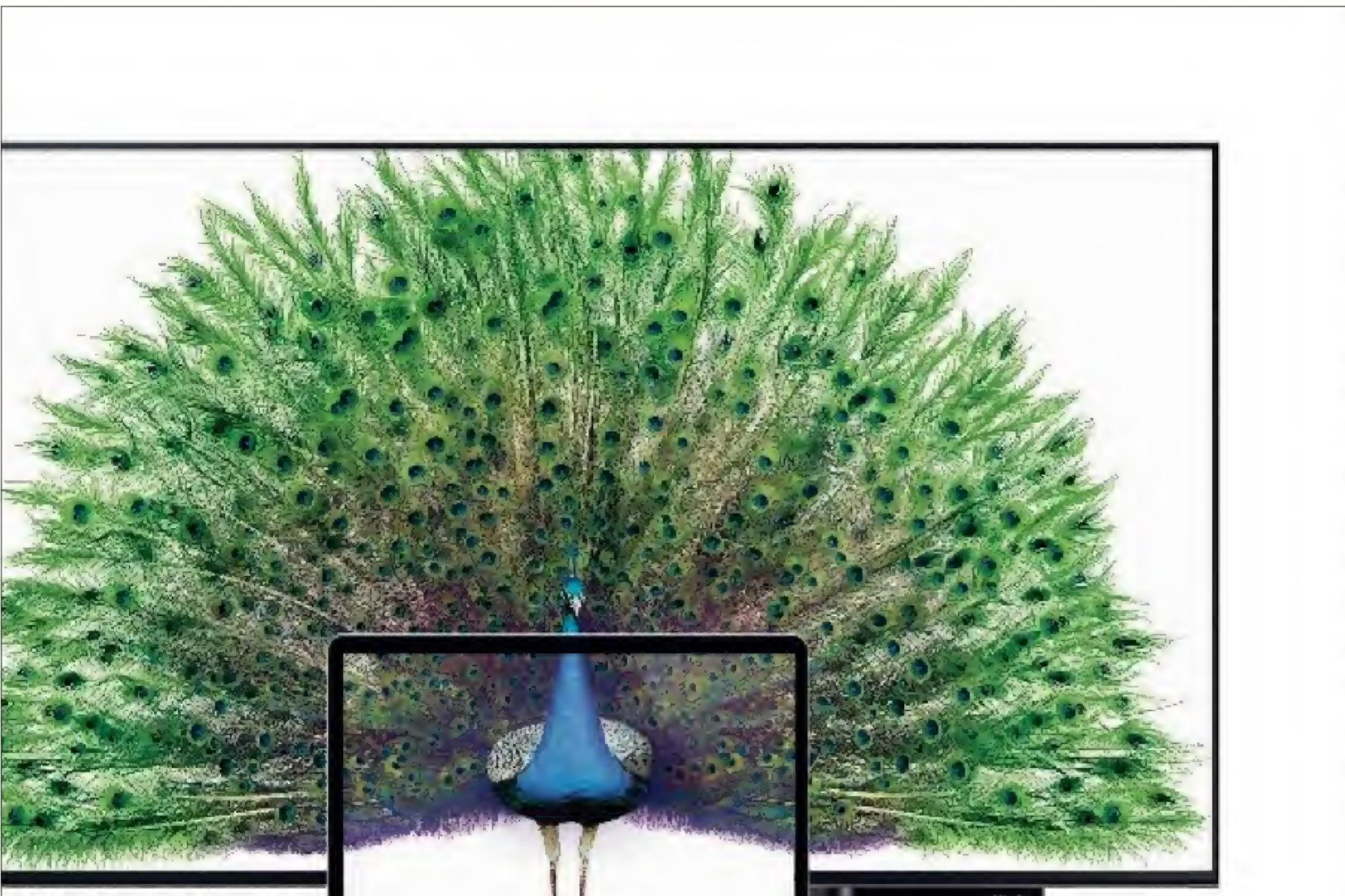
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CHILD WELFARE

Keep watch on former wards: Advocate

Alberta's child and youth advocate is urging the province to do more to ensure kids who have been in government care are safe after they've been returned to their families.

Del Graff says families need to be trained and proper assessments need to be done before a child is sent back home or to relatives.

Graff reviewed the deaths of two indigenous girls who had been in government care. A four-year-old died of

physical injuries while in kinship care and a nine-month-old returned to her parents died of undetermined causes.

Graff's report says a more thorough assessment of the four-year-old's placement home would have been helpful and suggests family reunifications should be monitored and adjusted.

Human Services Minister Irfan Sabir says the Alberta government accepts Graff's five recommendations and will

work quickly to make improvements.

"Children are entitled to a safe home and caregivers need to be equipped with the necessary skills and supports to provide this," Graff said in a release.

He said the four-year-old's story "reminds us of the importance of continually assessing the needs of children and kinship caregivers, and the importance of ensuring the necessary supports are always in place."

Children are entitled to a safe home.

Del Graff

Graff pointed out that three reports in the past three years made similar recommendations to those he released Tuesday, but there has been limited followup. THE CANADIAN PRESS



Kylie Lakevold's newest venture, Sparrow, creates an Internet biography of someone using tweets, articles — any information found online. AARON CHATHA / METRO

Unsinkable attitude

BUSINESS

Entrepreneur example of try, try again, after six startups

Aaron Chatha
Metro | Calgary

When serial entrepreneur Kylie Lakevold gets knocked down, she gets up again. Ain't never gonna keep her down.

Lakevold, who will be speaking about resiliency in entrepreneurship Wednesday at Geeky Summit, has created or been part of about six startups.

While that number may be a little high, it's not uncommon for entrepreneurs to be involved in many different companies before reaching the lofty 'buy an island' level of success.

Lakevold is trying to inspire entrepreneurs to create business models from passions — and not worry if it doesn't work out on the first or sixth try.

When she moved to Calgary 10 years ago, Lakevold joined Userful as a branding manager. She was one of the company's first 10 employees. It was her first foray into the startup world.

She left Userful to start her own tech company in social media marketing software,

growing a user base of 50,000 — which she then left behind.

"It was extremely difficult to walk away from. I would compare it to a divorce. But I always had this positive idea in my head that it wasn't just quitting. I wasn't giving up," she said. "I was just starting new."

"Starting new" involved creating a series of micro-companies out of pretty much every hobby she had.

She started an online community to share recipes and fitness tips. Then she began buying old furniture on Kijiji, fixing it up and reselling it.

Then she helped create a company that delivered unused supplies from businesses to charities, which then spiraled into creating her own non-profit to tackle food waste in Calgary.

Now she's on the verge of launching Sparrow — a powerful machine-learning algorithm that tracks down mentions of a person on the web, and creates a one-page real-time biography on that person. Sort of like a one-page humblebrag.

"If there's something you're passionate about, there's always a way to pivot it into a business model," she said, adding that economic downturns are actually a great time to start businesses.

A downturn opens people's eyes to a problem which naturally will need a solution.

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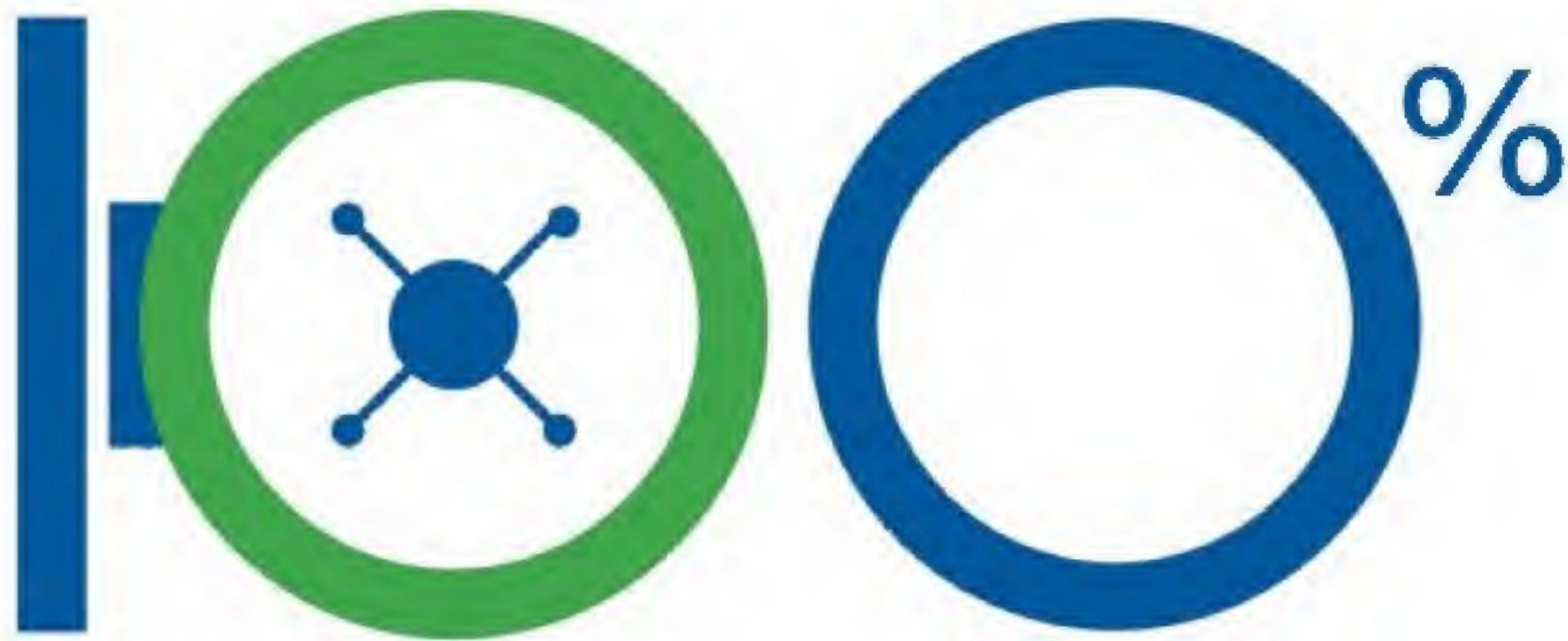


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Business shutdown on historic block as tenants get the boot

7 AVENUE SW

Triovest plans to reinvent area as 'hip, cool enclave'

Brodie Thomas
Metro | Calgary

The bubbles that float over the train platform at 1 Street SW will be no more as of Friday.

Many of the businesses in the historic 100 block of 7 Ave SW have been served notice to be out by noon on Nov. 18.

J.J. Sunstrum, one of the tenants, feels a sense of loss after putting in years of work.

He's the one who's been letting loose the bubbles, screening silent movies from the building windows, and coming up with the quotes, comments and jokes that get written on the purple chalkboards.

He rents office space and an apartment in the block, and makes his living managing the parking space in the alley. He also operated an art gallery in one of the buildings for a time.

He said when he first moved in, the area was known for being rundown and a bit sketchy. He used tactics like the bubbles, music and art to change the atmosphere and make the area safer.

"It's the type of social en-

gineering that sometimes has to be done in certain places," said Sunstrum.

Sunstrum is concerned about the short notice he and the other tenants say they received to vacate the property.

While he admits it was within the letter of the law, he was

hoping to get more than a few weeks' notice to move out, out of courtesy.

The buildings are being purchased by Triovest, a Calgary-based property company.

Tim Blair, executive vice-president of Triovest Capital, said there are plans to turn the

area into a "hip, cool enclave."

"We believe that there's potential to do something very interesting on this block that will increase the safety and add to the vitality of the area, as we've done, for example, on Hudson's Block and the Imperial Bank Property on 8th

Avenue, he said."

Blair was less specific about how or if these particular buildings will be preserved, saying that his organization is committed to the city's heritage.

"We're still investigating what will be required with those heritage bylaws," he said.

RARE BUILDINGS

Heritage recognition

The 100 block of 7 Avenue SW was recognized as a heritage resource in 2014. The buildings with addresses between 121 and 129 7 Avenue SW form a rare grouping of low-scale early 20th-century buildings, according to the city's website.

The one- and two-storey brick buildings are described as having an Edwardian architectural style.

The two-storey building at 129 7 Avenue SW was built by Sen. James Lougheed and was home to the Calgary Stock Exchange for a year.

BRODIE THOMAS/METRO



J.J. Sunstrum stands outside 125 7 Avenue SW, a property he'll cease to rent come Friday. BRODIE THOMAS/METRO

CONFERENCE BOARD

Fort Mac reconstruction will pump billions into economy

A new report says Alberta will see \$5.3 billion injected into the economy through the end of 2019 from rebuilding efforts after the devastating Fort McMurray wildfire in May.

The Conference Board of Canada report says the increased spending after the country's costliest disaster will boost the province's GDP by 0.4 per cent or \$1.1 billion next year, 0.2 per cent in 2018 and 0.1 per cent in 2019.

That's in contrast to the 0.1 per cent or \$456 million the wildfire is expected to cut from Alberta's GDP this year, as lost oilsands production offsets increased spending elsewhere.

The ramp-up in reconstruction, needed to rebuild the close to 2,000 homes and busi-

nesses destroyed by the fire, is also expected to create about 9,000 jobs next year and cut a 0.1 percentage point off the unemployment rate.

The Conference Board says about \$3.6 billion of the

spending will be covered by insurance payouts, while governments will be on the hook for about \$1.5 billion in fire-fighting, relief and rebuilding costs.

Another \$200 million in spending came from early payouts from the Alberta government, the Canadian Red Cross and oilsands companies to cover immediate household needs.

The report says responsibility for covering costs of the Fort McMurray wildfire are

in stark contrast to the 2013 Alberta floods, where provincial and federal governments took a \$3-billion loss compared with \$1.8 billion for insurers because of a general lack of flood insurance.

The Conference Board notes that while the new funding to rebuild after the fire will boost the economy, it will leave governments with more debt and the insurance industry having to cover a hefty tab.

"While rebuilding and replacing lost assets will generate economic activity, this doesn't suggest that Canadians in general or Albertans in particular will be better off economically," the Conference Board wrote.

THE CANADIAN PRESS



Evacuees from Fort McMurray drive past wildfires May 7. RYAN REMIORS/THE CANADIAN PRESS



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VARSITYCHRYSLER.COM**WOMEN IN POWER: BULLYING IN ALBERTA POLITICS**

A 3-PART METRO SPECIAL FOCUS

'You're either 'stupid' or a 'bitch,' or you're both'

ALEX BOYD METRO EDMONTON

Cristina Stasia sometimes grabs her iPhone between brushing her teeth and going to bed, for one last look.

"I'll just say to my partner, 'Oh, just let me check one more time for rape and death threats' before we go to bed," said Stasia, who ran (and lost) in the last election for the Alberta Party in Edmonton-Gold Bar.

Citizens have mocked and criticized politicians since politicians have existed. But Stasia and many other women politicians argue there's a special kind of dangerous vitriol being unleashed against them in Alberta.

Last week, less than a month after entering the race to lead the Progressive Conservative party, former journalist and current Calgary-North West MLA Sandra Jansen announced she was dropping out. Jansen said in a letter to supporters that the "filth" filling her social media feed, insults scrawled on her nomination forms and jeers from delegates in the hallways all amounted to abuse that left her "shaken."

"I have never before experienced harassment like that," she wrote.

And the attacks come from all angles. In July, New Democrat MLA Marie Renaud spoke publicly about having an abortion. Response? "I wish you had the strength to have your child," Sheila Gunn Reid, with Rebel Media, tweeted.

Over the next three days, Metro will share stories of what female politicians face to advance the conversation.

But first, there are those who say politics is a battlefield — those, like Wildrose MLA Derek Fildebrandt, who took to Twitter recently to dismiss people who call out abuse against women or other groups as "hyper sensitive" and unable to take criticism.

Jansen, in an interview Metro conducted before she ended

ABOUT THIS SERIES

THIS WEEK Metro will look at the abuse women in political leadership positions face in Alberta. But beyond documenting the abuse, we will continue to look at the gains women have made in the province, politically, and the deeper reasons behind some of the abuse.



Christina Stasia says she and many other female political figures face increasing amounts of abuse in Alberta. KEVIN TUONG/FOR METRO

her campaign, drew a line between political criticism and misogyny. "A lot of the comments are things they'd level at you whether you were male or female — I don't regard all the comments as gender-related," she said. "But certainly there is an element of the public that is doing that."

Indeed, that element sees Jansen employ a staff member to spend hours from their day deleting social media attacks against her — like one recent post, which said her only job in the former PC government, led by Jim Prentice, was to "give Prentice head."

"If people don't think there's a misogynistic undertone — and I say 'undertone' gently — to those statements, then they're really not based in reality," Jansen said. "With female politicians you're either 'stupid' or a 'bitch,' or you're both."

Many say the lightning rod for the abuse against women politicians in Alberta has been Premier Rachel Notley.

In June, an organizer for the Big Country Oilmen's Association golf tournament created a target using Notley's face for golfers to aim their shots at. More recently, Wildrose Leader Brian Jean made what he described as a bad joke about it being "against the law to beat Rachel Notley."

In May 2015, Notley led the biggest political upset in Alberta in half a century, defeating the 40-plus year PC party dy-

Laurie Blakeman
SHAWN TSE/FOR METROSandra Jansen
CONTRIBUTEDMarie Renaud
KEVIN TUONG

nasty with a slate of candidates that leaned heavily on female talent. Of the 53 NDP candidates elected, 25 are women, or just less than half.

"We had a Conservative government for over 40 years, so I have no doubt that people struggled with the change, but that is no excuse

for gender-based abuse," said Renaud, the NDP MLA for St. Albert.

"I think what bothers me the most is I find myself almost getting used to it," Renaud said.

Before she was elected she thought she was prepared, but she says the force of the vitriol overwhelmed her.

"I had one person in particular who was sending me messages about where I was and what I was wearing, so I was pretty sure whoever it was, was watching (me)," she said. "So that's really unnerving."

Some women politicians have

WHAT YOU CAN DO

You can support women politicians in Alberta in the language you use and ask why those who utter death threats, misogyny or otherwise feel open to say such things. Get involved in the conversation: #womeninpower #ableg

fought back.

Last June, Calgary-Bow MLA Deborah Drever read a member's statement in the legislature about the "nasty" messages she's received, after her surprise victory in 2015. Some threatened her life.

Her colleagues gave her a thunderous applause, but the threats haven't stopped, nor has the damage.

"I don't know anyone who could get a death threat and not be affected," Drever said.

Drever said if there's a positive element, it's that the issue has united women across political lines.

Indeed, rallies held last week supporting Jansen attracted women of every political stripe, including Wildrose MLA Leela Aheer, representative of Chestermere-Rocky View, who attended the one held in Calgary.

"I want to make sure that we're supporting the people who are supporting us, and we're demanding that the people who say these things that are hurtful or otherwise inappropriate, apologize," said Aheer.

Renaud pushes back against a common refrain that those in the public eye should just grow a thicker skin — one espoused recently by a conservative Edmonton columnist.

"You get the same excuses — 'It was just a joke,' or, 'You should get used to it,' 'It's part of the job,'" Renaud said. "But no, it's not part of the job and it's not acceptable and it's certainly not a joke."

TOMORROW: It's 2016: So why is abuse against women in politics in Alberta accelerating?

AMAZING STICKHANDLER.



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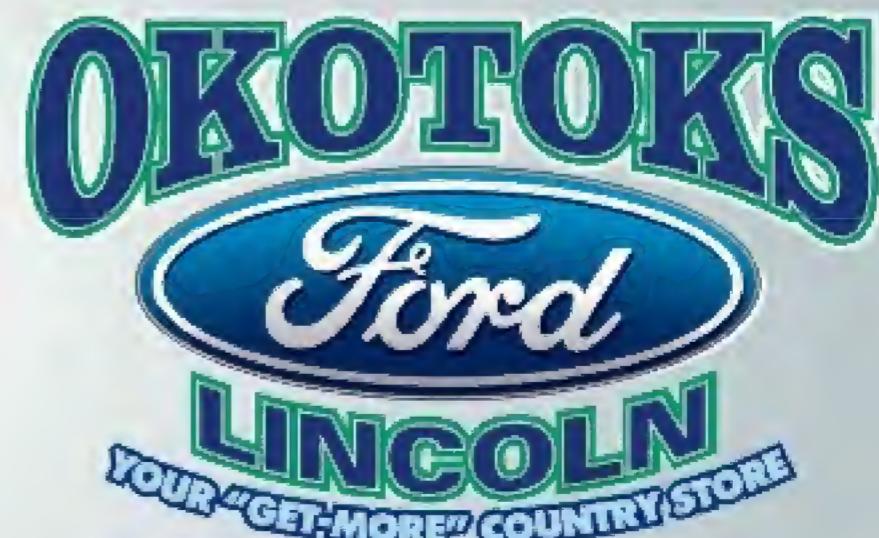
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#WomenOnBoards

A Metro special focus

Corridors of power filled with men

ANALYSIS

Few women in Crown corps that directly impact your life

Ryan Tumilty
Metro | Ottawa

When the Bank of Canada changes interest rates, financial markets around the world move and your credit card can get a lot more expensive.

The Canadian Mortgage and Housing Corporation (CMHC) sets the rules that ultimately determine if you get approved for a mortgage — and how much it will cost.

If you fly anywhere in Canada, the Canadian Air Transport Security Authority (CATSA) is

the organization that determined the size of the shampoo bottles you are allowed to pack in your carry-on bag.

And if you live in Ottawa, the ubiquitous National Capital Commission has a huge impact on your life. Even if you don't live in the capital, the NCC is the organization that makes decisions about our country's national monuments.

While women make up about 34 per cent of the appointments to all 42 of the federal government's Crown corporations, it's safe to say that not all of these organizations are created equally or have the same impact on your day-to-day life.

And some of those that do directly impact you are mostly run by men.

Only four of the Bank of Canada's 15-person board are women. At the CMHC, only

ABOUT THIS SERIES

THIS WEEK Metro will look closer at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

two of the 12 board seats are held by women. CATSA has three women on its 11-person board, while the National Capital Commission has three women on its 15-person board.

There are other boards whose gender balance is more skewed towards men, such as the all-male boards of the Laurentian Pilotage Authority and the Canadian Dairy Commission, but few Canadians

are significantly affected by those organizations. The Bank of Canada, on the other hand, matters to anyone with a bank account.

Duff Conacher, co-founder of the group Democracy Watch, said some of the more influential Crown corporations definitely need to more broadly reflect the makeup of the country.

"There is a question about whether some Crown corporation boards really have to be representative of society," he said, "whereas others, it seems more clear that they should be demographically representative."

Conacher said the corporations that are dealing with technical areas might not have to be that reflective, but "the ones that are making societal decisions," need to be diverse.

"They should be more like legislatures and should be more representative of society," he said.

Penny Collenette, an adjunct law professor at the University

of Ottawa and a former director of appointments for prime minister Jean Chrétien, said the corporations are essentially an extension of government and need diversity at the board table and executive offices.

"Even though Crown corporations are arm's length from government, nevertheless they present a public face and therefore should reflect the government's strong commitment to gender diversity — and not just on their boards. But in the C suite, too," she said, referring to a corporation's most important senior executives.

Conacher contends that if the government really wants diversity — along with more transparency — it should make the appointment process more arm's length.

He said structural changes like that would take this from a commitment to a concrete change that isn't there right now. "You just have a commitment that doesn't have to be filled," he said.

Karine LeBlanc, a spokes-

person for the Canadian Mortgage and Housing Corporation, said they are looking to fill vacancies right now and always have diversity top of mind.

"CMHC remains committed to supporting an approach that strives for the increased representation of women on our board," she said.

WHAT YOU CAN DO



The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards**.

IN BRIEF

5 Things about the last Trudeau visit to Cuba

Justin Trudeau has arrived in Cuba. Back in 1976, father Pierre visited and not everybody was happy.

**1 A diplomatic first**

Pierre Elliott Trudeau's 1976 visit to Cuba made him the first Western leader to make a visit to Fidel Castro's Cuba during the Cold War.

2 Not just the sun was warm

Trudeau was cheered by more than 250,000 as he stood alongside Castro in an open car that cruised through Havana.

3 Tight security

Castro wore a gun during the visit, as was his custom. Trudeau wore an ascot. At one point, Canadian aides clashed with Cuban security trying to catch up with Trudeau.

4 Pierre criticized, was criticized

Trudeau questioned Castro for Cuba's intervention in the Angolan civil war, and Trudeau came under fire from critics, who thought his visit was anti-American.

**5 Michel melted Castro's heart**

Trudeau was accompanied on the trip by his wife Margaret and three-month-old Michel. Castro gushed over the baby.

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Buffett sells remainder of his Suncor stake

Warren Buffett has sold the rest of his holdings in Suncor Energy Inc.

According to filings with the U.S. Securities and Exchange Commission, Buffett's Berkshire Hathaway no longer holds any shares in the Canadian energy company.

Berkshire Hathaway began selling its stake in Suncor earlier this year.

THE CANADIAN PRESS

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A Special Report by Star Metro Media

Synergy of Sky Pointe — a collection of 74 street towns in northeast Calgary. CONTRIBUTED

An affordable townhome in a bustling neighbourhood

Affordability and value are some of the most important things new buyers consider when shopping for a new home. And now a few builders are responding to the need, offering homes in Calgary that are actually affordable.

Synergy of Sky Pointe is a collection of 74 street towns located in vibrant northeast Calgary now selling starting in the \$340's.

"Affordability means a lot to our buyers," says Jeff Augustine, Synergy of Sky Pointe area manager. "Maybe this is their first home, or they're looking to find a place where they can move up and grow their family. Synergy of Sky Pointe is our answer to that need."

Their two-storey street towns range between 1,358 and 1495 square feet of expansive floor space all with three bedrooms and two and a half baths including master ensuites and roomy walk-in closets. The double car garages come in handy for those cold winter days or for anyone who likes to tinker in the shop.

"Buyers have their choice of interior finishes during the presale process. Those who buy now can personalize their home to suit their tastes by selecting a plethora of home finishing options, from countertops, light fixtures, flooring, appliances and more from our supplier partners," Augustine says.

The neighbourhood is growing fast, shopping, dining, K-9 school and professional amenities are already under construction and a public library, rec centre and LRT are also in the works and within walking distance of Synergy of Sky Pointe. Residents also can take advantage of easy access to Stoney Trail, shopping malls and the airport.

Freedom is a major reason why buyers are moving to Synergy of Sky Pointe. There are three different fantastic models to choose from. "Another great benefit is they are all freehold, so there are no HOA or condo fees to be burdened with," Augustine says.



CONTRIBUTED

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More new homes coming to Tuscany

NORTHWEST CALGARY

Enclave in best-selling area features 128 lots

Kathy McCormick

Every once in a while, a nice surprise fits perfectly into your plans, even though it is totally unexpected.

That's exactly how Homes by Avi's corporate marketing manager describes its first ever opportunity to develop a new community.

"Tesoro in Tuscany is very unique because most people aren't even aware that there is land still available in Tuscany," says Christian Orme. "Tesoro marks our first project as a developer under Avi Land, a division of Homes by Avi Group of Companies."

The enclave features 128 lots in one of Calgary's most popular northwest communities. "Ninety-three lots will be built by Homes by Avi and 35 lots by Albi Homes, a division of Brookfield Residential," says Orme.

In fact, Brookfield was the original developer of Tuscany, which sits on Calgary's northwestern edge, where rolling hills, ravines, escarpments, walking, bike and interpretive trails, and mountain vistas attracted people since the first shovel went into the ground in 1994. The population today is in excess of 19,000 people and the community has more than 6,500 dwelling units of all types. Since the community is



Albi Home's Tevera showhome in Tesoro in Tuscany, one of Calgary's most popular northwest communities. CONTRIBUTED

already established, services, shops and conveniences are already built, including the Tuscany Club, several schools and a newly-opened Tuscany C-Train station.

During the flurry of building Tuscany in earnest, it consistently was a best-selling

community in Calgary.

"We are thrilled to be part of a community that caters to families and provides the lifestyle they have been looking for," Orme says. "This could very well be the last northwest move-up community for quite some time."

The majority of lots in Tesoro are 36-, 38- or 40-feet wide, in addition to some pie-shaped lots. These will accommodate double-front-drive garage homes ranging from 1,800 to 2,600 square feet and priced from the low \$600,000s. The majority of the model lineup

is two-storey homes, although there are bungalow options.

Tesoro is on the western end of Tuscany, where the rolling topography provides mountain vistas for some of the lots. And that location, in turn, means a fast escape to the adventures awaiting

in the Rocky Mountains just a short drive away.

Ten lots are rear-laned homes consistent with the existing laned product in Tuscany — and all will be built by Albi Homes.

Both builders have started selling from presentation centres and interest has been keen, says Orme. "Phase 2A just launched on Oct. 15 and people have shown great interest in the lots in this phase.

"We have seen a lot of interest from people who currently reside in close proximity to Tuscany and in Tuscany itself — people who would like to move up to a new or larger home within the community."

Homes by Avi is building two show homes and Albi Homes building one. Both are expected to be open by yearend or early 2017.

The presentation centres are accessed from 12 Mile Coulee Road N.W., south of Crowchild Trail. Turn left at Tuscany Way. The presentation centres are on the corner of Tuscany Way and Tuscany Grove. They're open from 2 p.m. to 8 p.m. Monday to Thursday and noon to 5 p.m. weekends and holidays.



This could very well be the last northwest move-up community for quite some time

**Christian Orme,
Homes by Avi's corporate
marketing manager**

Builders await impact of lending rules

MORTGAGE-LENDING

Construction could slow, challenging first-time homebuyers

Karen Durrie

It's not just homebuyers that will be impacted by the new federal mortgage-lending rules — homebuilders will also be hit.

But it'll take some time to see just how hard, says Allan Klassen, president of the Canadian Home Builders' Association-Urban Development Institute, Calgary Region.

"Obviously, there is going to be a crunch on affordability. There's going to be a lull while the market understands the impact, and what that means to their lifestyle choices," Klassen says.

First-time buyers hoping for single-family homes may now need to turn toward lower-priced, semi-detached options like duplexes or townhomes, meaning there will be a bit of a lag while the market adjusts and builders understand what direction to take, Klassen says.

Economists expect the pace of new home construction will slow in some regions, and the CHBA's position on the new rules are that they will adversely impact already-challenged markets and could lock first-time buyers out of home ownership.

"We are continuing to fight the affordability issue here in Calgary and Alberta. Each build-



The challenge for builders will be to maintain affordability while dealing with cost increases and changes to mortgage rules. iSTOCK

er will try to maintain affordability while we deal with cost increases and changes to mortgage rules."

There is no magic formula, Klassen says, but having diversity in product and understanding customer needs are important.

He says the challenge to builders is to be more innovative while trying to maintain affordability, starting with

the way communities are developed.

"We've got a lot of zero-lot-line product with smaller homes and more attached products, in terms of duplexes being developed that are innovative and attractive. It doesn't matter if it's a million-dollar home or a \$100,000 home, we are faced with the challenge to make them more affordable," Klassen says.

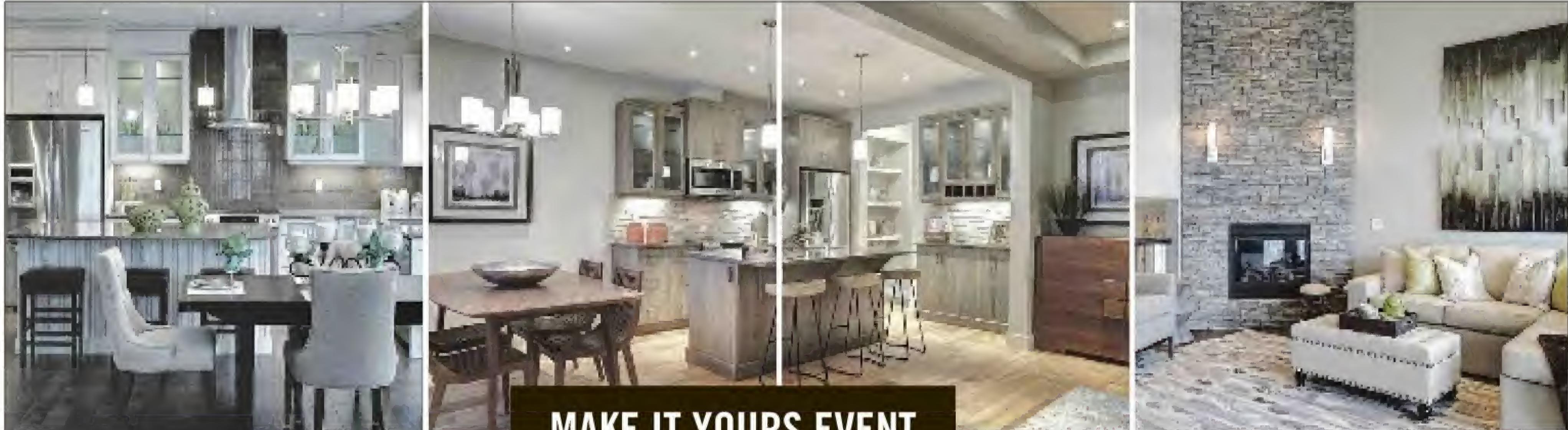
Late last year, buyers and builders were also affected by new mortgage rules that boosted minimum down payments on homes over \$500,000. Calgary's market was one of the hardest hit, and the CHBA expressed concern at that time, noting that 86 per cent of new single-family homes in Calgary were priced over \$500,000.

The newest federal measure on mortgage lending was

launched in October. Under the new "stress test" criteria, homebuyers putting down less than 20 per cent down must prove they can afford higher payments if interest rates rise.

The Canadian Mortgage and Housing Corporation waved the red flag on Calgary's market in October as well, indicating problematic conditions in two areas: overvaluation and overbuilding.

"The Calgary market has ebbs and flows, and at certain times the prices and the costs do escalate. Overall you'll see that Calgary continues, compared to the rest of the country, to be a relatively affordable place to purchase a new home. People want to live here and people are buying homes. There is some good activity with some of the new communities coming on," Klassen says.



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Mudroom magic

Coming in from the cold during a Canadian winter can make a big mess. Wet boots, damp jackets, mucky sports equipment — it all requires an efficient room to handle the transition from outdoors to in. Enter the mudroom. Here are five things to help make yours multifunctional and marvellous

Karen Durrie

Bench yourself

The Lyndon storage bench, part of Canadian Tire's For Living line, has a comfy seat, open cubbies for shoes, and three fabric bins to collect mitts, scarves, bits and bobs. Comes in espresso or white finishes. Big family? Choose from dozens of long entryway benches in styles glamourous to organic to traditional at Crave Furniture. No having to wait your turn to shuck off your shoes.

All-in-one

Almost like having custom built-ins, Lowes large-scale Bestar Mudroom kits are thought-of-it-all storage units that include cupboards with clothes rods, drawers, seating, cubbies, coat hooks, adjustable shelves and seating. Cushions and bins are sold separately. Inexpensive Real Simple brand nine-cube storage shelves offer a contemporary option for storing everything from boots to backpacks and catchall bins. Choose matching Real Simple three-cube split-top bench storage units that open to provide under-seat storage, with



The Lyndon Storage Bench.

CONTRIBUTED

lower cubbies for shoes and boots. Find them at Bed Bath and Beyond.

Be a good sport

Sports equipment inevitably ends up in mudrooms, especially if you haven't got a garage. Silver mesh rolling bins from The Container Store are a smart solution for keeping sports balls and yoga mats from rolling astray or unravelling. They're also great for storing other stuff, from re-usable shopping bags and rolled-up beach towels.

Their see-through nature means nothing gets lost in a dark abyss. Skis and snowboards can pose unwieldy, wall-scratching problems, too. Solve their storage by installing a space-saving ski rack such as Monkey Bars. The wall-mounted rack holds three pairs of skis and four snowboards. Find it or order it online at Home Depot.

Rack 'em up

Corral keys, cell phones, mail, sunglasses, wallets, dog leashes and more with multifunc-

tional, rustic entryway racks made in Calgary by Etsy seller GBandWood. Different designs include various coat hooks, magazine holders, ledges and slots for your stuff. They're made from reclaimed wood, finished in a choice of 10 stains. In the more premium price range, Pottery Barn carries a number of wall-mounted entryway organizers that combine mirrors, drawers and coat hooks.

You bet your boots

A boot rack to let your kicks drip dry and air out is a must-have for soggy, snowy winter footwear. Home Hardware has a three-tier rack finished in satin nickel that includes a bottom shelf and wires woven to hold up tall boots and prevent them from folding and creasing. To keep shoe clutter out of sight, Ikea has shoe cabinets of various sizes with tilting drawers for storing footwear for all seasons. And don't forget the all-important shoe trays to keep water creep off the floor. Walmart's surprisingly stylish Manor boot tray is big, sturdy, and budget-friendly.



CONTRIBUTED

New surfaces cut it thin

When it comes to gorgeous, luxurious and highly functional counters and surfaces for new homes, thin is in.

"The days of huge, thick, mitre-edged countertops are long gone," says Calgary's Sophie Bélanger, a registered educator and facilitator for the American Institute of Architects and an expert on surfacing materials and design.

"Simpler is better, and thinner is sexier," Bélanger says. "This is what I see in Italy at stone and tile industry events — ultra-thin material. It is really revolutionary."

A single thin slab of stone or composite counter material, one centimetre or less in thickness with no mitred edge, combines strength, durability and beauty in a form factor that speaks of simplicity and sophistication.

An advantage for builders is that these ultra-thin pieces are lightweight enough that a stone shower or bathtub surround is now a practical option — no need to reinforce floors and walls to carry the extra weight of a massive stone slab.

"The lighter weight of the slabs allows stone to be taken places it has never gone before," she says. "Full backsplashes in kitchens that extend to the ceiling line with no upper cabinets make a dramatic statement and cut down on busy grout lines, and the same is true with shower walls and fireplaces."

And imagine the seamless appearance of a full slab floor.

There can potentially be labour savings as well — installing and grouting multiple finished pieces takes extra time

and manpower.

As for colours and finishes, Bélanger says it's all about subtlety.

"The busy, brightly coloured or high-contrast stones of the past tend to detract from the overall atmosphere of a space, especially if you want a soothing, light and airy feel."

A classic look like soapstone provides a feel of warmth and welcomes touch. "It can fit in with so many style options, from rustic and traditional to modern industrial designs."

And fitting in is key, Bélanger adds, as the surfaces in your new home need to play nicely with your furnishings and sense of personal style.

"Homeowners don't want sectioned-off spaces in their residences anymore. They are preferring open-plan layouts with kitchens and living areas flowing together. This means that the design elements in these different areas need to tie together and integrate the space."

Along with stone, new style and material choices have changed the game for flooring too.

"Flooring options have really evolved, especially with the variety of porcelain tiles available and advances in technology and finishing," Bélanger says. Faux wood-grained planks in neutral shades and scraped, rustic textures are making a statement, as are reinterpretations of ancient geometric patterns and retro styles.

"The sizes, formats, colours and tactile qualities are so rich and varied ... it's unbelievable how limitless the design possibilities are."

—MILES DURRIE

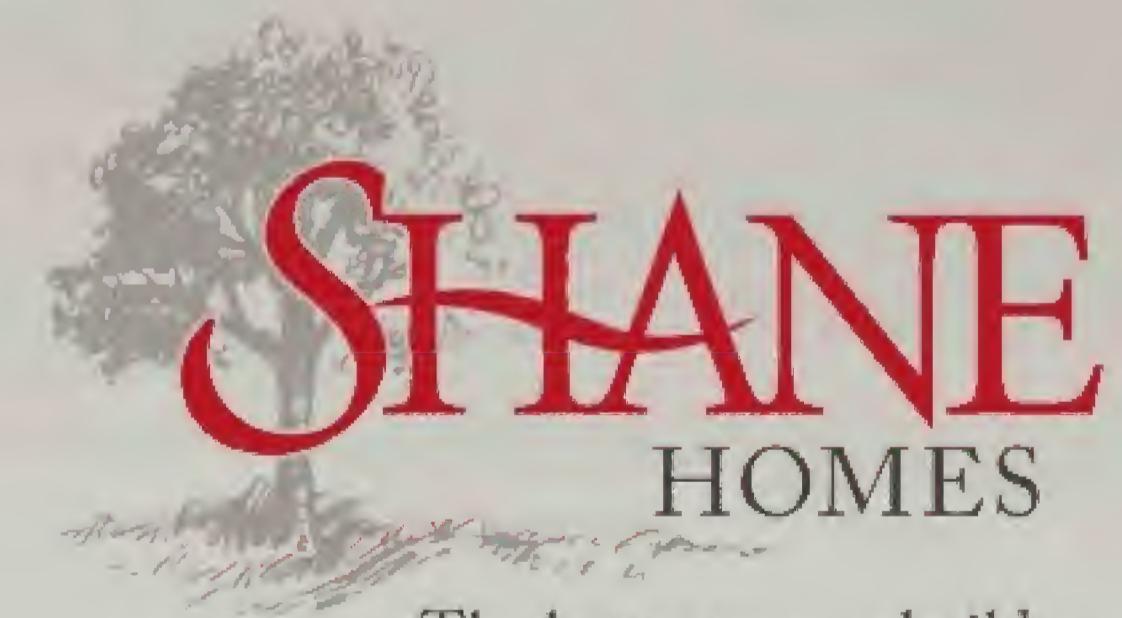


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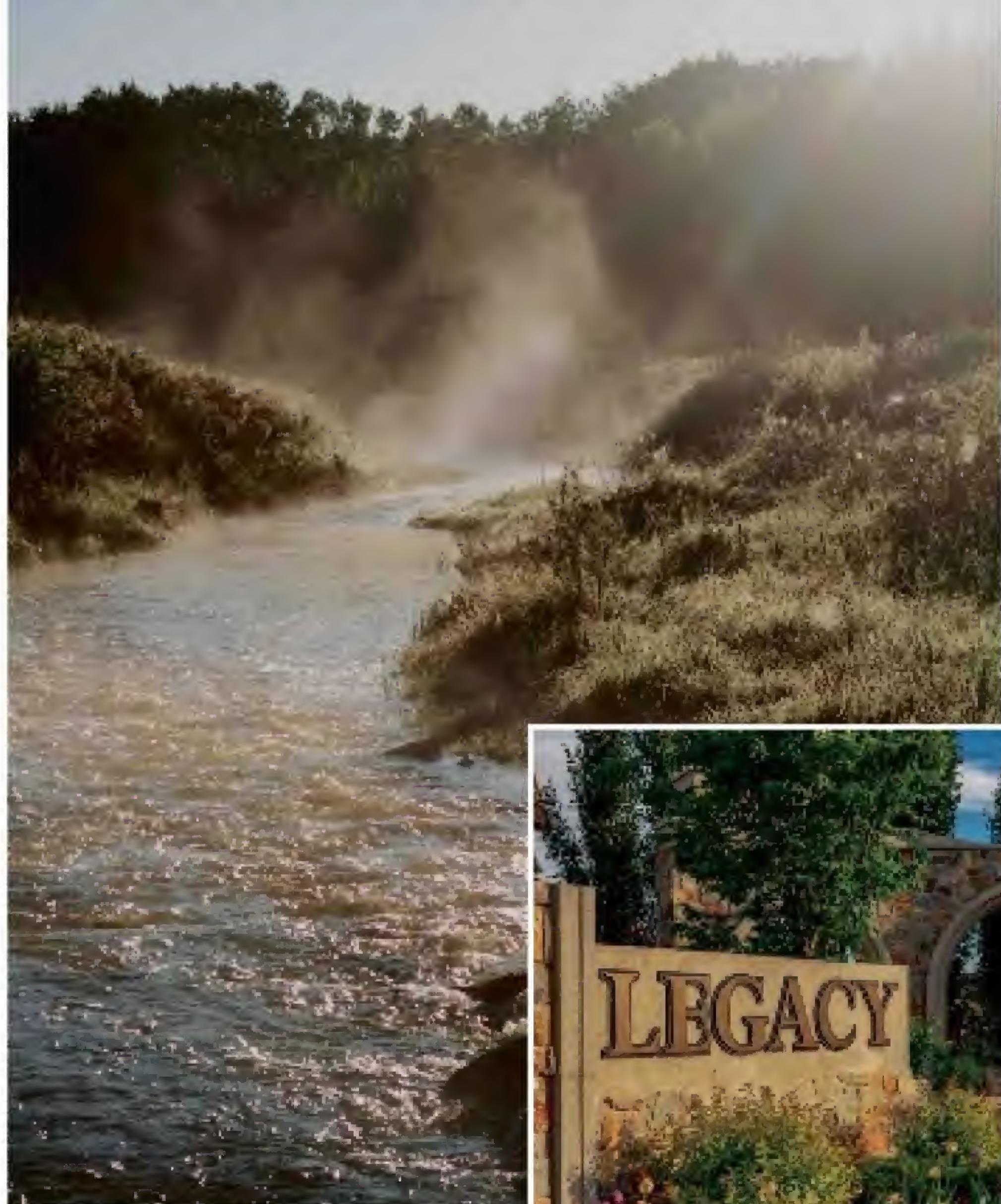
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Southeast takes on a new appeal



Employment opportunities are contributing to increased development in the southeast.

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REGIONAL DRAW

Employment centres make residential move attractive

Miles Durrie

Thanks to a combination of industrial, commercial, public and residential development, Calgary's southeast quadrant is changing the rulebook on where Calgarians are choosing to live.

"Traditionally in Calgary there's been the unwritten rule that you're not supposed to move outside the quadrant you grew up in," says Jared Goldade, development manager with WestCreek Developments.

"You could project your sales by saying 'we know we're going to sell to people who already live within 10 kilometres of us.'"

The southeast is changing all that, as communities continue to grow hand in hand with new centres of employment and commerce, including the South Health Campus in Seton and the corporate office hotbed of Quarry Park.

"It's been quite interesting in the last 10 years hearing about people's residential decision-making shifting so they can be in greater proximity to those employment centres," says Stuart Gripton, senior planner with the City of Calgary's south community planning team.

"The South Health Campus really is a catalyst in terms of being a major employer and a regional draw."

The 1.8-million-sq.-ft. hospital served its first patients in late 2012, with full services launched in early 2013. Completion of its final phase is expected next year.

The hospital has created about 2,500 direct jobs and many thousands of opportunities in secondary and tertiary employment.

Quarry Park, meanwhile, is a growing hub of office buildings and corporate headquarters as well as extensive retail and residential. Its develop-

ment on a former gravel pit site began in 2005.

"Quarry Park is rapidly becoming a major office centre for the city. If you live in the southeast, you're right there," Goldade says.

The employment opportunities that are behind the allure of the southeast are likely to continue increasing, Gripton says. "There is a significant part of the southeast that's designated as industrial land," he says. "Any way you slice it, the southeast will be important from an industrial perspective."

That means jobs, and people who want to live in the vicinity of their workplaces. Developers are meeting the challenge.

"There's certainly choice for homebuyers," Goldade says. "You can get it all in southeast Calgary."

A quick look at the range of established, growing, new and planned communities in the southeast — along with the Green Line transit plan that will make access quick and efficient — proves his point.

From the mountain views of Legacy and Walden just east of Macleod Trail and the lakes and river escarpments of Mahogany, Cranston and Auburn Bay to the Belvedere area structure plan on the east edge of the city adjoining Chestermere, the southeast does indeed have everything.

There's certainly choice for homebuyers. You can get it all in southeast Calgary

Jared Goldade, development manager with WestCreek Developments



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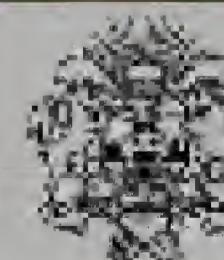
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Merger a 'positive for everyone'

RESIDENTIAL CONSTRUCTION

Organizations combine in effort to keep housing affordable

Kathy McCormick

Today's residential construction industry is facing many challenges with changes to the way homes and communities are built — and the repercussions affect consumers, says the chairman of the newly formed Canadian Home Builders/Urban Development Institute Association — Calgary Region.

"The issues that we face are more and more complex and significant because they have an impact on affordability and choice for consumers," says Allan Klassen. "Regulations have changed so dramatically and the pressures are greater and more complex."

Today's builders are continually learning and adapting new advances in building systems, new products that are superior, new ways of doing business and constructing homes to ensure consumers are not only given the choices, but the safest and most efficient homes possible.

At the same time, residential land developers are working to create new communities that capture the wants and needs of today's buyers, but neighbourhoods that are sensitive to the environment and are sustainable in every way.

And governments at all levels

are involved at every step.

That's why the residential construction industry in Calgary recently made a move to combine both organizations that represent the builders and the residential land developers — a move that is positive for everyone, including consumers, says Klassen.

"We are self-regulated in many aspects of the business, but there is pressure on the industry continually with regulations and changes."

And they come at a cost.

Some examples of government changes include: the restriction of the amount of land released by developers to consumers by the municipal government; the introduction of a mandatory warranty (which home builders' association members already provided) by the provincial government; and recent energy changes introduced in the building code nationally.

Klassen praised the collaboration with governments and industry on the many issues, but said combining the two organizations will only make it stronger.

"The industry has always been linked but together, a united and coordinated voice has more impact. Our voice is more proactive and efficient and we can be more aligned when discussing issues, whether globally or for our customers."

And at the heart of the merge is the effort to keep housing affordable — a focus across Canada.

"The new regulations are all part of growth and a changing environment, but they are incredibly significant with a huge impact on customers," Klassen says. "Our united approach is around ensuring we try to maintain some sense of affordability

for all markets. We're trying to do everything we can to mitigate the impact on consumers."

And that includes not only trying to contain costs but creating homes for all market segments in all areas, so consumers have the opportunity to buy not only the home they want in the location they desire, but the one that fits their budget.

The goal is to provide just that, Klassen says.

"The industry is using common sense in designs of homes and developing communities."

Keeping the homebuilding and residential development industries viable is another goal of the two organizations merging. "Our industry provides tens of thousands of jobs and billions of dollars to the economy of Calgary," he says. "And it's made up of primarily small businesses — many families who started with immigrants who came here to start a better life — so our new association is working to keep the industry the huge part of the economic engine of our city that it has always been."

Further, the industry has always been involved in giving back to the community it builds — and that needs to continue. "Our intention is to keep going on the many initiatives driven by our industry. We have a significant impact on the city."

Some of the immediate issues the group will work on include the impact of the proposed carbon tax, the implications for the industry on the possible city charters and the new mortgage rules recently introduced nationally (see the story in the section outlining Canada Mortgage and Housing Corporation's thoughts on these changes).



Allan Klassen, chair of CHBA-UDI Calgary Region. CONTRIBUTED



For under \$300,000, attached units like apartment-style condos and townhomes will be your answer. iSTOCK

Got your eyes on something affordable?

UNDER \$300,000

Homebuyers are tweaking expectations and looking at attached products

Karen Durrie

With the country's new mortgage guidelines meaning many qualify for less house than before, some prospective homebuyers will

need to tweak their expectations and cast their eyes toward lower-priced housing options.

Under the new rules, for example, someone with an income of \$49,500, with a five per cent down payment, borrowing at 2.44 per cent interest, and having no more than \$210 per month in debt, qualifies for a \$300,000 home.

With the median home price in Calgary at \$462,000, according to the Calgary Real Estate Board's October statistics, what can buyers hope to find in Calgary's market for \$300,000 or under?

Strictly speaking for the

new home market, the answer is attached products, from apartment-style condos to townhomes.

The good news is multi-family housing is found in every corner of the city, with builders offering diverse products in new developments.

"We have 11 different condo plans in Walden Place and a townhome plan, so we cater to everyone looking for a suburban condo or townhome, from first-time purchasers to right-sizers who are downsizing, and those moving up," says Brad Logel, area manager for Cardel Lifestyles.

WHAT YOU CAN FIND FOR 300K OR LESS AROUND CALGARY

- In Walden Place, one-bedroom condos start at \$154,000, two-bedrooms start at \$174,900, and two-bedroom, two-bath condos start at \$209,900. Cardel Lifestyles also has similarly affordable options in Auburn Walk, Cranston Ridge, Sage Place and Nolan Park.

- Truman Homes' Orchard Sky in Skyview Ranch has units starting at \$188,900 ranging up to \$251,000, from 646 sq. ft. to 943 sq. ft. units.
- Brad Remington Homes has its new Copperfield Park condos

- currently under construction starting from the \$160,000s, and Legacy Park also underway, with a range of apartment condo floor plans, from a cozy 456 sq. ft. option starting at \$139,900 to a roomy 989 sq. ft. two bedroom, two bath plan for \$259,900.

- Morrison Homes' Sonoma at Nolan Hill has two and three-bedroom townhomes starting at \$297,902.
- Avi Urban has condos and townhome developments in numerous new communities, including Canoe at Auburn Bay starting at \$212,054 for a 594 sq. ft. one-bedroom, one-bath unit, and a number of more spacious units for under \$300,000, and Buffalo at Silverado townhomes with in the high \$290,000s.

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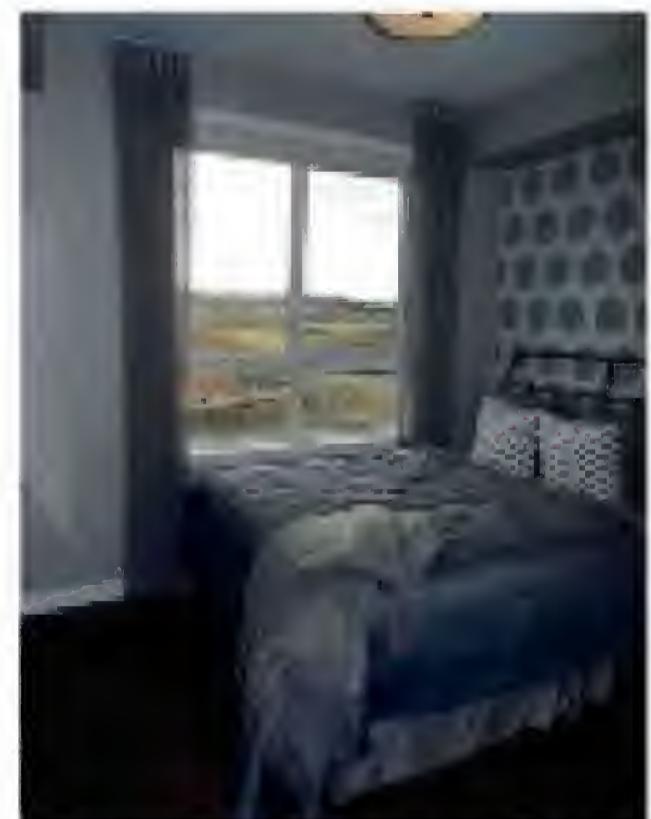
"Right-sizing" floor plans offer fit for any kind of buyer

Kathy McCormick

They had it right when the first shovel of dirt was turned for Cardel Lifestyles a decade and a half ago — and that's still true today.

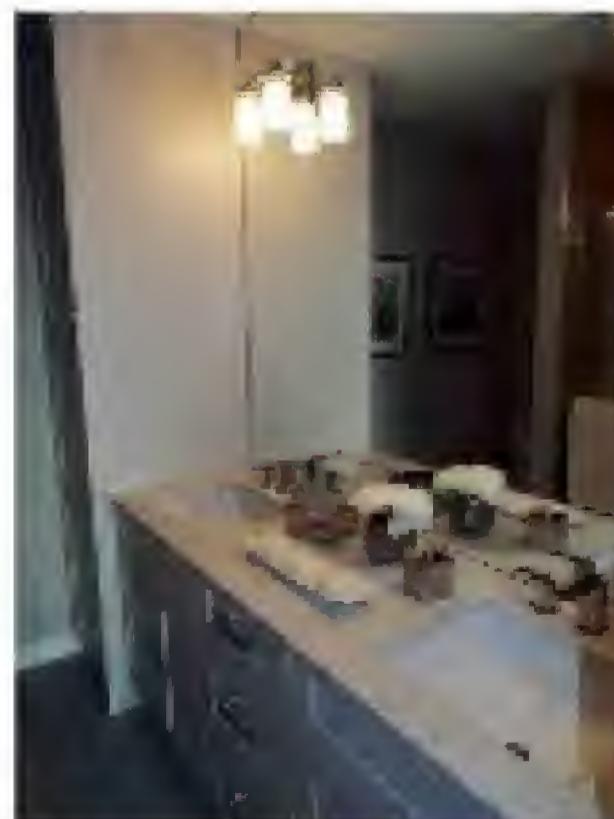
The builder has made its mark in affordably priced condominiums that still offer choices, finishings and features that are more like a higher-end home in neighbourhoods in and around the city.

"Right-sizing" is a term they use to describe the variety of floor plans available to fit the single buyer, the downtown professional couple, the empty nester or retiree alike.



Featuring dual master suites.

CONTRIBUTED



Double vanities in ensuite.

CONTRIBUTED

There is something for everyone — and all market segments are buying in.

The latest offering for the multi-family builder is in Walden, the hot community just east of Macleod Trail and south of Stoney Trail, the ring road where construction of its southwestern leg is anticipated in the near future.

The complex has a total of 468 units with both townhomes and condos in walk-up apartments. The first apartment building is already under construction with approximately 70 units sold, and the second building of 83 units has just been released for sale.

"Buyers are a good mix," says Brad Logel, area manager for Walden Place. "It's attracting people looking for a convenient lifestyle."

Eleven different plans are available to choose from in the apartment models, ranging anywhere from 544 square feet to 1,021 square



The complex has a total of 468 units with both townhomes and condos in walk-up apartments.

CONTRIBUTED

Walden Place complex



feet and priced from just \$139,900 to \$309,900. Options include everything from one-bedroom, one-bathroom models to three bedrooms and two bathrooms.

One townhouse floor plan of 1,549 square feet has three variations. It comes with features such as a large, double-car garage, a covered deck and a den, and it is priced from \$339,900 to \$359,900.

A sales centre is on site with a mock show suite inside: the Palliser - B condo at 975 square feet with two bathrooms and two bedrooms.

From the entry, the main living area is straight ahead, open and bright with almost floor-to-ceiling, wall-to-wall glass on the end. The kitchen on the left has ample cupboards in an L-shape wrapping around the corner pantry. A good-sized island has an eating bar along the outside edge, and there's more than enough room for a dining nook on the other side.

The kitchen is inviting and upscale with attractive white cupboards and white subway tiles as a backsplash, continuing right up to the ceiling under the stainless steel hood fan over the built-in stove-top. The wall oven is built in with a microwave stacked on top, and the countertops are beautiful white granite with flecks of grey. Some upgrades are optional in the home, such as the built-in appliances.

The living area has access to the generous deck that's the full width of the room. The two bedrooms are on

IN SHORT

Builder: Cardel Lifestyles
Area: Walden, a Genstar Development Company neighbourhood

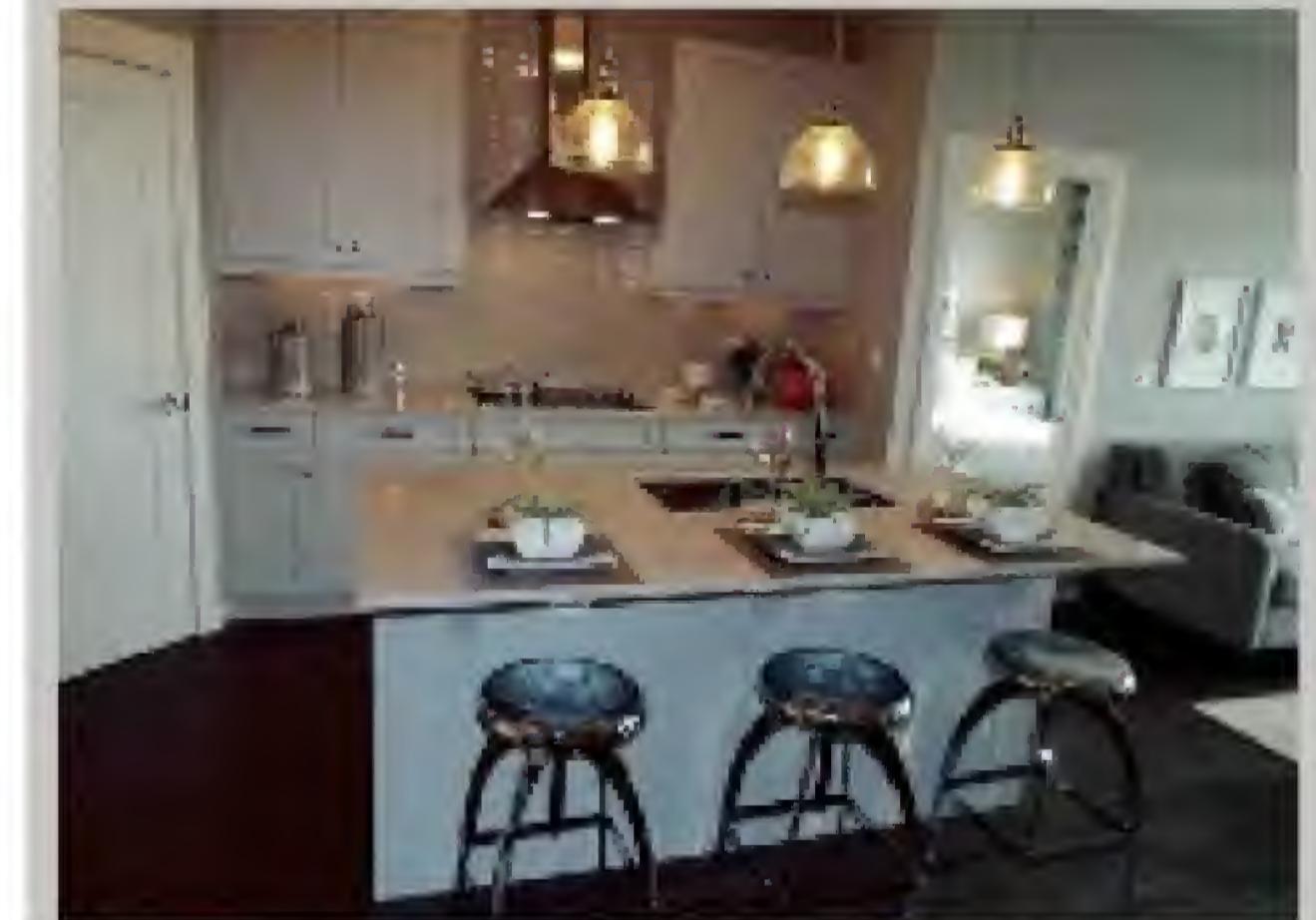
Development: Walden Place, a multi-family complex with a combination of low-rise apartment buildings and townhouses.

Prices: Apartment units range from \$139,900 to \$309,900. Condo fees are in the range of \$192

to \$360. Townhomes are priced from \$339,900 to \$359,900 and monthly fees start at \$146.

Show suite: The Palliser - B, 975-square-foot condo.
Hours: Open from 2 to 8 p.m. Monday to Thursday and noon to 5 p.m. weekends and holidays.

Directions: Take Macleod Trail south to 210 Ave. S.E., turn left, then left again at the signs.



each side of the living area so privacy is maintained whether for the guests or for the other owner or renter, if wanted. The master bedroom has a walk-through double closet leading to the ensuite, where two vanities are centred on one wall and a walk-in shower on the other.

The other bedroom is beside the main bathroom and

the laundry room, which has a stacked washer and dryer.

Wide-plank engineered hardwood runs through the main living area to give it a pleasing high-end appeal.

Walden is a master-planned community by Genstar. Ponds, walking paths and green spaces abound, and the area is close to shopping and several neighbourhood golf courses.

Baywest: Living in Harmony

GROWING FAMILY

The Canto model with “nanny suite” over detached rear garage

Kathy McCormick

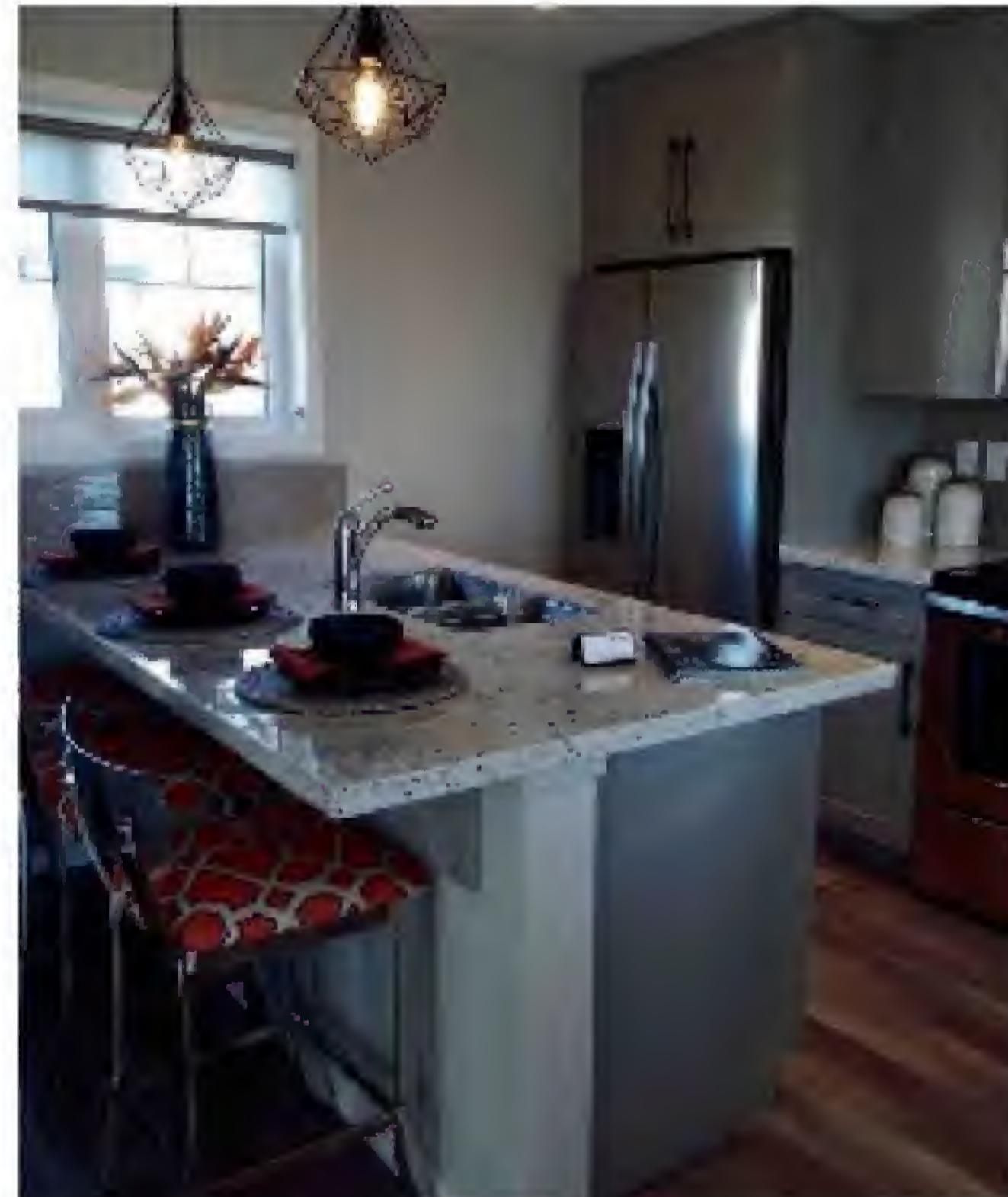
It could be a Rockwell painting of the perfect home in the perfect neighbourhood. The grand white two-storey has an enormous covered porch that turns the corner and goes all the way to the deck in the backyard.

Distinct detail like the plentiful tall vertical windows, the grey trim and the brick accent on the bottom give it a pleasing curb appeal that complements the ambient streetscape.

Inside is no less impressive. The Baywest show home outside Calgary's city limits in the beautiful new community of Harmony surrounding the Springbank airport has everything a growing family could want, starting right from the front door.

The Canto is a 2,096-square-foot two-storey with more than enough room to spare, including four generous bedrooms and a 647-square-foot carriage home, the Sonatina, in the backyard above the detached double garage — perfect for the nanny or granny.

From the entry, the study is to the left, the stairs ahead, and a built-in bench and a



The kitchen in the nanny suite. CONTRIBUTED



The master ensuite bathroom. CONTRIBUTED

mirror to the ceiling to the right leading to the walk-in coat closet. The closet, in turn, opens to a mud room and laundry area, where a side door provides access to the backyard. This room, too, opens yet again to the pantry and the built-in computer desk where busy cooks can access recipes or household paperwork while meals are on the go.

But it's the back half of the home that provides the “wow” that will easily become the heart of the home.

It's wide open, bright and

sunny, with oversized windows to let in the light. The room on the left has a full wall of windows on one side and a full feature wall on another, with the fireplace centred around built-in accents such as white subway-style tiles and grey shelving.

The kitchen is to the right, a delight with light grey, flat cupboards and crown molding — a nice change from the usual dark wood-stained cupboards so common today — and even lighter grey tiles as a backsplash.

They're grounded with

beautiful white and cream granite countertops with black and grey flecks throughout.

A long, rectangular island has room at one end for four stools for meals on the go, while the ample dining nook in the centre of the room accommodates more formal meals. It has access to the deck out back which is attached to the wrap-around porch and has steps leading to the “nanny suite” and garage out back.

Upstairs, all four bedrooms are a good size. The master suite has three

windows along the back and more than enough room for a king-sized bed and oversized furniture.

The ensuite has a wall with two separate vanities separated by a large soaker tub. The other wall has the private toilet and a shower, and the walk-in closet is at the end.

The carriage home has an open floor plan with the kitchen and sitting room at the top of the stairs, one bedroom and a full bathroom.

Both the home and the carriage house have alternate floor plans to choose from to

+ IN SHORT
Builder: Baywest Homes

Model: The Canto two-storey with four bedrooms and a carriage home on top of the detached double garage in the back.

Price: \$894,600 with suite and GST.

Area: Harmony in Springbank.

Directions: Take Highway 1 west to the Callaway Park exit, turn right, then left at the stop sign and follow signs past the Springbank airport.

Hours: Open from 2 p.m. to 8 p.m. Monday to Thursday and noon to 5 p.m. weekends and holidays.

More information: Check the website at liveinharmony.ca.

customize and fit the buyer's needs.

Harmony, in the midst of the ranching community of Springbank and close to Springbank Airport, is being developed with three partners: Qualico Communities, Bordeaux Developments and the landowners under Elbow River Land Corp.

The extensive plans include a large lake (the first phase of which is now being filled with water), a Phil Mickelson golf course (now being developed), a town centre with amenities, shops and services, and much more.



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The Calgary transit system makes getting around easier as the city keeps moving away from its car dependence. ISTOCK

Rise of walkable communities

NEAR THE ACTION

Car ownership not as important to current homebuyers

Christy Nich

In order to succeed in real estate, you gotta change with the times, and times are moving to a more environmentally conscious group of buyers who

want to be near the action, are more active and prefer the convenience of transit.

In short, owning a car is not as important to them as it has been to previous generations. Millennials either work downtown or play there and as Calgary gets more metropolitan, our transit system makes getting around easier.

Now, Calgary has its first inner city condominium without parking in the booming East Village. A walkable community that is marketing to a unique, urban demographic, N3Condo is the first development that

has been allowed to bypass the City's stringent parking allotment bylaws which state a certain percentage of subterranean parking for tenants.

Instead of parking, N3 offer a lifetime membership to a 'rent when you need it' car service with a generous amount of free minutes, as well as a gift card for a full size rental car, plus a bike with storage with the purchase of a furnished condo.

With the federal government's announcement to fund South East LRT/transit improvement and bike lane trials sig-

nifying that the city is moving away from its car dependence, plus a push towards density, the fact that the City unanimously approved the building of a parking-free condo in the East Village makes sense. As Susan Veres, senior vice president of the Calgary Municipal Land Corporation says, "It was approved by the City because it is affordable. Secondly, it's 227 steps away from the LRT line which makes it a transit oriented development."

Priced at under \$200,000, N3 by Calgary's own Knightsbridge Homes coincides with the East

Village's vision of becoming a community for everyone, which means price points cater to all age demographics. Veres notes that they started selling suites in September 2015 and it was fully sold out within 48 hours, with only six eventually being put back into inventory.

Downtown still employs the bulk of Calgary's workforce, so riding your bike, walking or taking the C-train to your job cuts down on your monthly work expenses. Owning a car on your own is very expensive, especially when you factor in the licence and insurance costs.

Calgary illusionist and motivational speaker Derek Selinger has been living in the East Village for five years now and loves the convenience of the location. If he wasn't travelling with his equipment, he could probably do without a car.

Everything young urbanites need is within walking, riding or transit distance. They can enjoy the St. Patrick's Island Park, walk to Inglewood, take the train to Kensington and find the cafes, bars and grocery stores in the area to provide for most of their needs.

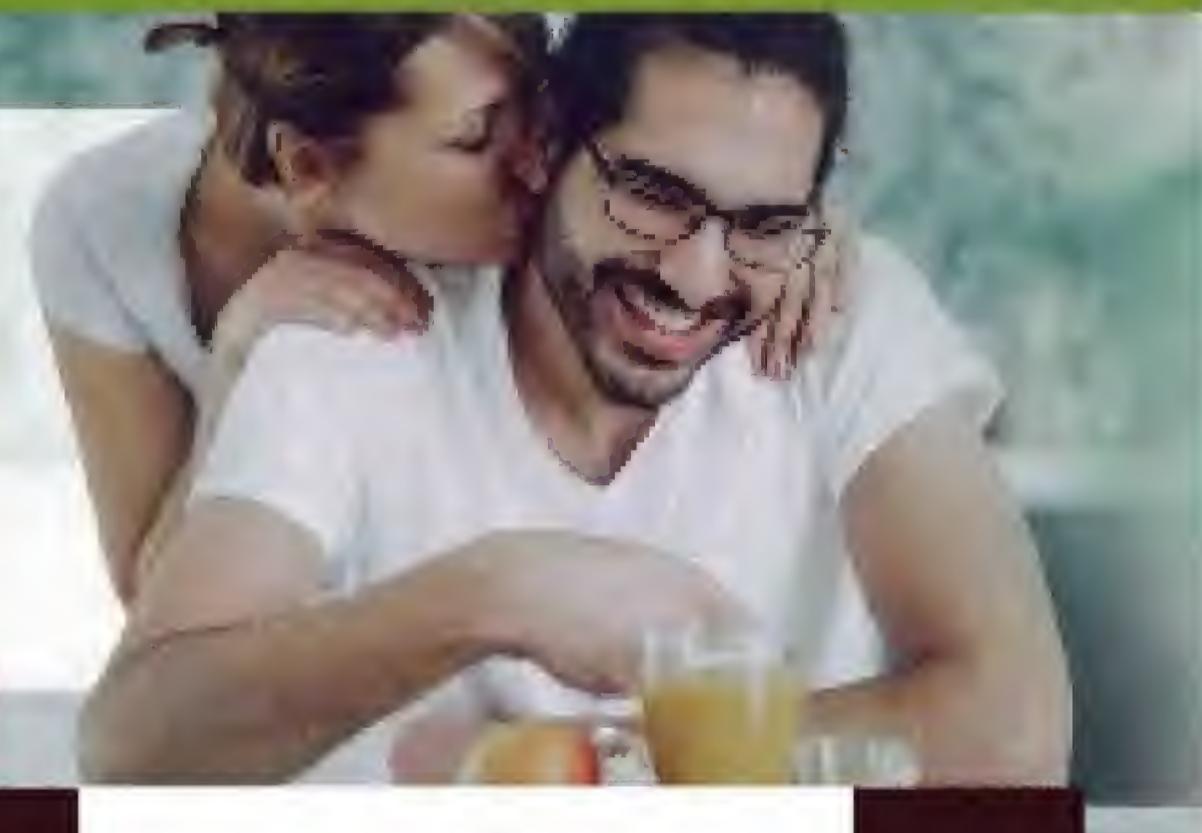


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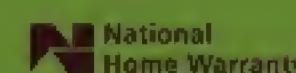
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New homes, older communities

MOVING IN

New builds in established areas have become hot properties

Karen Durrie

It was her children's begging and pleading that prompted Nickie Nikolaou to move from her rambling Varsity home to a brand new infill in the older community of Altadore.

Her three kids — a 16-year-old daughter and 13-year-old twins — attend schools in Garrison Woods and Mount Royal. As they grew older, they began to dislike the daily commute.

"They said 'oh, can't we just walk to school?' So my kids were going to school in a location where they didn't live, and all the play dates meant quite a bit of driving," says Nikolaou, who works as an associate dean in University of Calgary's faculty of law.

"Over the years, more (school) families moved to the area, and the neighbourhood has been gentrified since my daughter started at Lycée (Louis Pasteur school). It's really become a more family-type neighbourhood."

New homes in established neighbourhoods have become hot properties in Calgary, and in many cases are breathing new life into communities, turning them into vibrant

urban hubs.

A perusal of infill builders in the city shows new homes for sale in Altadore, Richmond Park/Knob Hill, Kilnarney, Hillhurst, Glenbrook, Mount Pleasant, Capitol Hill, Britannia, Bel-aire, Rosedale, St. Andrews Heights and many other older areas.

Choices range from attached homes priced from the mid-\$400Ks to \$4-million luxury mansions.

Riverview Custom Homes

is one of a number of builders putting luxury infills into older communities.

Buyers are seeking neighbourhoods with established streetscapes in close proximity to major routes and the downtown core, with access to private clubs and some of the best schools in Calgary, says Christopher York, president of Riverview.

"In some of the higher-end communities, the property values have increased substan-

tially because of new growth. The homes in these areas for the most part have become a solid investment," he says.

Nikolaou purchased a newly built, two-storey spec home on a street that had a row of five new builds, and says she's thrilled with her decision.

"It's great to have shops close by and being able to walk to a coffee shop or an ice cream shop. And the kids can walk home or go to the

park. All of their friends are kind of in the area," she says.

She also enjoys her more compact home and yard.

After living in a large suburb where she rarely saw her neighbours, Altadore has given Nikolaou a greater sense of connection.

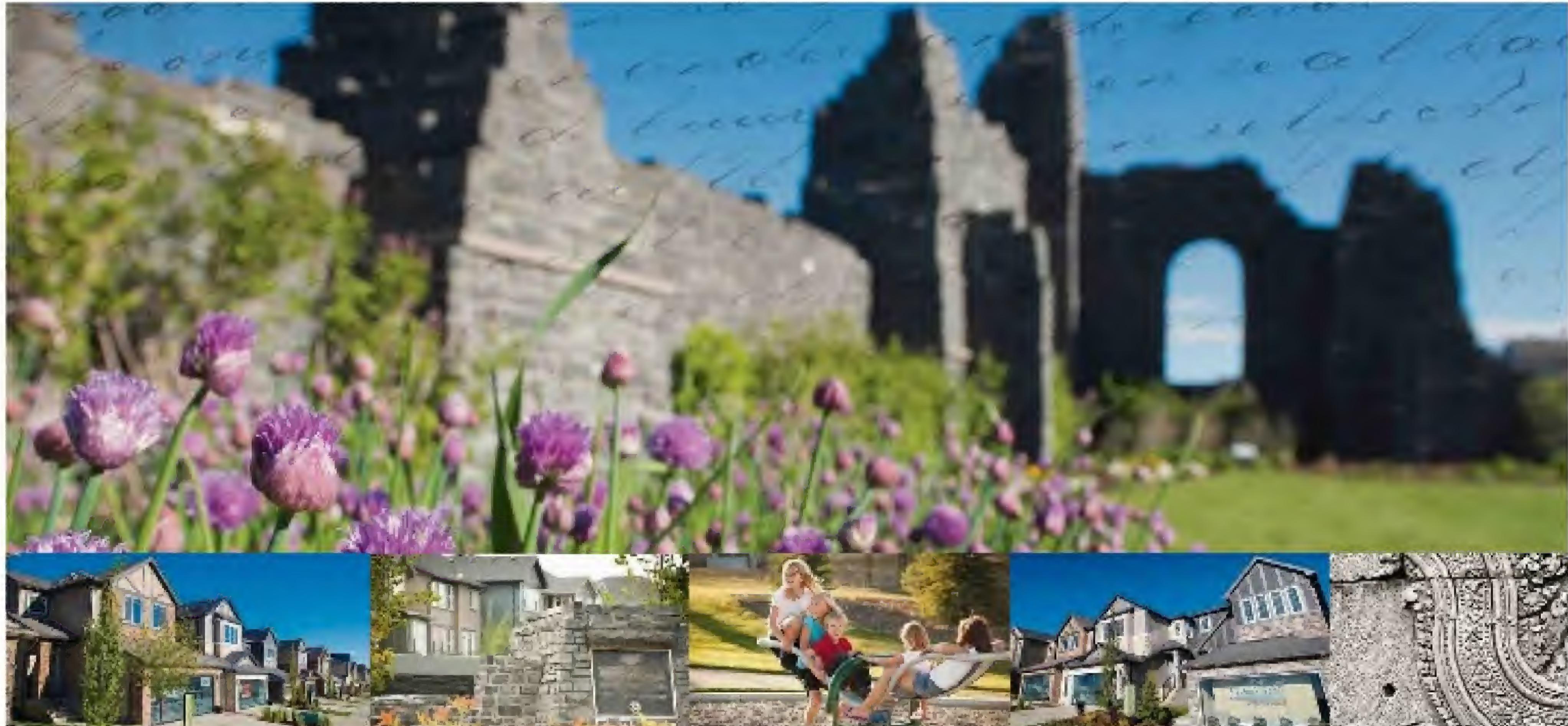
"I feel less lonely in the neighbourhood. It really feels like there is stuff happening, and you are part of a community."

"I feel less lonely in the neighbourhood. It really feels like there is stuff happening, and you are part of a community."

Nickie Nikolaou



New homes in established neighbourhoods are breathing new life into communities, turning them into vibrant urban hubs. iSTOCK



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Development is taking shape after the City struck a deal late in 2014. It had been on the books at City Hall since 2012, but had been halted pending resolution of infrastructure issues. MILES DURRIE

Keystone Hills area plan becoming a reality

NORTH CALGARY

Area will eventually be home to 60,000 people

Miles Durrie

The new face of north Calgary is starting to take shape as the Keystone Hills area structure plan goes from document to

development.

Straddling Centre Street north of Stoney Trail, Keystone Hills encompasses more than 10 square kilometres of undulating landscape between 14th Street N.W. and about 15th Street N.E.

The area's development has been on the books at City Hall since 2012, but ground hadn't been broken pending resolution of infrastructure issues. Developers and the City struck a deal late in 2014, and the results are now becoming visible.

Two communities — Gen-

star Development Co.'s Carrington on the west side of Centre Street, and Brookfield Residential Properties Inc.'s Livingston to the east — are showing signs of life.

In Carrington, the first show home and presentation centre in the area was opened this fall by Excel Homes, with a full show home parade featuring detached and multi-family housing by Jayman Built, Homes by Avi, Arcuri Homes and Excel set to open in January, says Genstar development manager Kelly Schmalz.

"It's a pretty spectacular project," she says. "You're looking at a vast area that will develop over the next 10 years."

With multiple developers — including Mattamy Homes, Melcor Developments and Walton Developments along with Genstar, Brookfield and others — and most of Calgary's builders involved in some way, Keystone Hills will eventually be home to 60,000 people in three complete communities.

There will also be a projected 18,000 jobs within the area, and the future undoubtedly

holds a CTrain station, commercial offices and plentiful retail.

Additionally, if rumours of a very large public-sector development come to fruition, the area's significance as a hub of north Calgary will be secure.

For residents, the Keystone Hills developments will be true communities, Schmalz says.

"It's a place with all the things that make a city more vibrant, a place people can call home and maybe not leave as often as they might have in the older bedroom-community-type suburbs of the past."

That means urban-style density and walkability as well as direct transit access to other parts of the city.

The area's topography is part of its attraction, with rolling hills and western sunsets lending unique character.

"We kept as close as we could to the natural grades," Schmalz says. "It's striking for a new community — there are expansive views as well as intimate spaces. To be a pioneer homeowner here would be huge. It's a really exciting thing to be a part of."

Market stability expected

RECOVERING

A positive sign that's been a long time coming, says CMHC analysis

Kathy McCormick

Things are looking up for the housing market in Calgary — but it will be a slow recovery, says Canada Mortgage and Housing Corporation (CMHC) in its latest forecast.

"The economy is expected to gradually improve throughout the forecast as oil prices stabilize at higher levels," CMHC said in the latest Housing Market Outlook released on Oct. 26.

It's a positive sign that's been a long time coming, says Richard Cho, CMHC's principal market analysis for Calgary.

"Overall we're expecting a lot more stability as both the built homes and sales on the resale side will have a slight uptick as a result of economic improvements. Employment, while down this year, will be positive in 2017 and 2018, also contributing to more stability."

While buyers are still cautious, there's more of an understanding of the pressures of factors such as the volatile energy sector, Cho says — and that, in turn, has helped buoy the market. "There's not as much uncertainty," he says.

The overall economy sees Calgary's unemployment at the highest level in 15 years at nine per cent, down close to 20,000 jobs in August, the report states. That will move back into positive territory in the next two years, although gains will be limited. And the population, although continuing to grow, will slow dramatically from recent years of record migration levels. CMHC is forecasting an increase of 1.7 per cent to Calgary's population this year to bring it to 1,464,600 people, 1.6 per cent and 1.7 per cent in 2017 and 2018 respectively.

Other factors are influencing the market, as well.

The new mortgage-lending criteria which were implemented earlier this month in an effort to protect consumers should interest rates rise could impact the market, at least in the short term, says Cho.

"There could be downward pressure on demand" — which CMHC has taken into account



within the lower range of housing starts forecast, he says.

"People might wait longer to buy or they may still buy, but will make adjustments to their purchase, considering factors such as the type of home or location (to adjust to a lower price-point home)."

Interest rates over the period are forecast to gradually

increase, albeit modestly anywhere from this year's five-year rate forecast to be between 4.5 and 4.9 per cent to up to as much as 5.7 per cent by 2018.

Builders are adjusting to the market conditions, says the agency.

"Builders are expected to hold back from starting new projects while focussing on

selling unsold units."

Inventories are above historical levels — and construction of new housing units won't begin in earnest until economic conditions improve and more people buy, starting with the already-built homes.

The overload is particularly noticeable in the apartment segment, where builders can't

ISTOCK

"We now see strong evidence of problematic conditions overall nationally. This is fuelled by overvaluation — meaning house prices remain higher than the level of personal disposable income, population growth and other fundamentals would support. This overvaluation coupled with evidence of overbuilding in some centres means that growth in house prices will slow and housing starts are expected to moderate in 2017 and 2018."

Bob Dugan, Chief Economist, Canada Mortgage and Housing Corporation

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Holiday Bark

1 1/2 cups dark vegan chocolate, broken into pieces

1 cup pomegranate seeds

2 Tbsp chopped candied ginger

1/4 tsp sea salt

DIRECTIONS:

Line a baking sheet with parchment paper. Put chocolate in double boiler and heat gently while stirring until fully melted. Stir in half of pomegranate seeds and candied ginger and all of the salt.

Scrape the chocolate mixture onto parchment paper and smooth into a rectangle. Or if you have festive cookie cutters, you can place them on parchment and pour a thin layer of the chocolate mixture into each.

Sprinkle remaining pomegranate seeds and ginger on top of the chocolate mixture and refrigerate until hard, roughly 60 minutes. Break into pieces and serve. Will last refrigerated for a week or so.

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The tower of power

U.S. POLITICS

Factions jockey for position as Trump holds court in N.Y.

Hidden from the public in his Manhattan highrise, Donald Trump huddled Tuesday with Vice-President-elect Mike Pence as he tried to fill out key posts in his cabinet. But the transition team appeared to be straining under the enormous challenge of setting up a new administration.

Former Rep. Mike Rogers, a respected Republican voice on national security issues, announced he was quitting the transition effort. And an apparent clerical oversight effectively halted the Trump team's ability to co-ordinate with President Barack Obama's White House.

With Trump out of sight for several days, his allies engaged in an unusual round of public speculation about his potential appointments — including their own futures — as the president-elect and his aides weighed the nation's top national security



Passersby take selfies at Trump Tower in New York on Tuesday, as Donald Trump is holed up inside. KATHY WILLENS/THE ASSOCIATED PRESS

posts.

Former New York Mayor Rudy Giuliani seemed to be angling for secretary of state. But Trump's transition team was reviewing Giuliani's paid consulting work for foreign governments, which could delay a nomination or bump Giuliani to

a different position, according to a person briefed on the matter but not authorized to speak publicly about it.

Giuliani founded his own firm, Giuliani Partners, in 2001, and helped businesses on behalf of foreign governments, including Qatar, Saudi Arabia and Vene-

zuela. He also advised TransCanada, which sought to build the controversial Keystone XL pipeline, and helped the maker of the painkiller drug OxyContin settle a dispute with the Drug Enforcement Administration.

A Trump official said John Bolton, a former U.S. ambassador to the United Nations, remained in contention for secretary of state.

Pence, now running the transition team, ignored questions from reporters both as he entered Trump Tower, a thick binder tucked under his arm, and as he left six hours later. He took over from New Jersey Gov. Chris Christie, who spent months running transition operations before his demotion last week.

The switch has slowed Trump's ability to co-ordinate with the White House. Pence has yet to sign a memorandum of understanding facilitating interactions between his team and Obama officials. Christie had signed the document, but Pence's promotion makes it invalid.

A person familiar with the transition efforts said different factions in Trump's team "are fighting for power."

THE ASSOCIATED PRESS



A worker prepares the final touches on rubber Trump masks in Tokyo on Tuesday. EUGENE HOSHICO/THE ASSOCIATED PRESS

Donald digest

Bannon not so bad?

Trump campaign manager Kellyanne Conway insists that White House strategist Stephen Bannon isn't as scary as people say. AP

N.Z. gets a 'cordial' call

Trump called New Zealand Prime Minister John Key on Wednesday to express sympathies for the quake that killed two. Key's office described the call as "warm and cordial." AP

McCain hot over Russia

Sen. John McCain, has declared as "unacceptable" any attempt by the Trump

administration to reset relations with Russia, saying Tuesday the price would be complicity in the "butchery of the Syrian people." AP

Protecting immigrants

Mayors of major cities that have had cool relationships with immigration officials say they will do all they can to protect residents from deportation. AP

Masks in high demand

Ogawa Studio, the only manufacturer of rubber masks in Japan, is working to catch up with a flood of orders for Trump masks since his election, with workers trying to produce 350 masks a day. AP

IN BRIEF

Suspect in fatal airline shooting found dead

A Southwest Airlines employee was shot dead outside an Oklahoma City airport on Tuesday. Police identified the victim and said a suspect was found dead in a pickup truck in an airport garage. THE ASSOCIATED PRESS

Parents charged with starving teenage son

Authorities said a 14-year-old weighing about 55 pounds is fighting for his life after spending much of two years locked in the basement of his Alabama home. His parents are accused of withholding basic care. THE ASSOCIATED PRESS

NEW ZEALAND

Stranded earthquake cows given beef relief



These stranded cows have been rescued. NEWSHUB

Three New Zealand cows, whose predicament captured the interest of many people around the world after they became stranded on a small island of grass following a powerful earthquake, have been rescued.

The Newshub news service reported Tuesday that the two cows

and a calf were rescued after a farmer and some helpers dug a track to them and brought them out. The farmer, who was not named, said the cows were desperate for water after they were rescued. He said the quake fault line ran right beneath his farm. THE ASSOCIATED PRESS

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Time: 7 p.m.
Location: Rosedale Community Association Hall
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Delegate Nominees and voters must attend the meeting in person, meet all eligibility requirements, and hold a membership by at least November 25, 2016, in order to be a delegate or vote.

More details available at www.pcalberta.org

JESSICA ALLEN ON THE CRUTCH OF MYSTICISM

I've never understood why science doesn't better satisfy the spiritual void. We are literally made of stardust. It doesn't get more magical than that.

Three days after Donald Trump was elected president, Lena Dunham posted an Instagram photo of fortune teller mahjong cards. "We're all desperate for answers," she said.

We just might be looking in different places, depending on our age and gender. A 2014 Pew survey revealed that while millennials, like Dunham, are less interested in traditional western religion, "mysticism, witchcraft and magic are stepping in to fill the spiritual void."

Statistics have shown that more women than men put stock in fortune tellers and astrology. A 2005 Gallup poll found that 33 per cent of Canadian women believed "that the position of the stars and planets can affect people's lives," compared to 17 per cent of men.

Eleven years later, a Angus Reid study reported: "When it comes to paranormal phenomena such as ghosts, communication with the dead, and psychic powers, women are about twice as likely men to believe such things are possible."

I know, I'm being such a typical Scorpio right now, passionately concerned about a 2014 report that revealed Canadian women were 21 per cent less science-literate than men, overzealous when faced with websites read mostly by women that perpetuate the problem.

We want to feel that we're part of something, that there's control and order in a chaotic world.

A piece on Flare.com called "Crystals for Beginners: An Intro to the Millennial Obsession," for example, delved into the science behind the pseudoscience by linking to a spirituality site called Self-growth.com. And in September a story on NASA's website, whose purpose was to help children understand the difference between astrology and astronomy,

Same: Here's What NASA Got Wrong." The same age that witnesses NASA send a probe into orbit around Jupiter is the also the one in which women's magazines claim that the space agency is full of it.

Others even use the mystical in an attempt to further feminism. "The witch as an icon is resonating right now because we've entered a fourth wave of



OK, NOW WE GET IT Actor Lena Dunham posted this image of fortune teller mahjong cards to Instagram earlier this week, in an apparent bid to make sense of the recent U.S. election.

INSTAGRAM

went viral because the space agency mentioned that the Babylonians left out a constellation, Ophiuchus, from the zodiac, meaning your star sign is not really what you think it is. TheKit.ca interviewed a celebrity astrologer who debunked NASA, placating readers who thought for a terrifying moment that they were a Cancer rather than a Leo. An Elle.com headline read "Your Star Sign Is Still The

feminism," an author of a book called What Is a Witch told Salon. "We are redefining what power, leadership, beauty and value look like on our own terms. And the witch is the ultimate symbol of female power. Doing witchcraft is a way to connect to that energy, which is so needed right now, as we're beginning to collectively course correct thousands of years of sexism and oppression."



Using the same superstitious ideology that saw tens of thousands of women murdered hundreds of years ago because of their gender may not be the best way to correct sexism. It also can't be good for the movement's brand, especially in an age where women are still being murdered: "Nearly 2,100 people accused of witchcraft have been killed between 2000 and 2012" in rural India, the Washington Post reported in 2014.

Believe me, I understand the allure of wanting to tap into something ancient, to experience awe. We want to feel that we're part of something, that there's control and order in a chaotic world.

You might see the positions of the stars and planets as containing information about your personality and your future. There's no mechanism to explain how that actually works, but it satisfies your sense of wonder. What satisfies mine is that our galaxy has about 200 billion stars and 10 billion planets — and that there are between 100 and 200 billion galaxies in the 13.77-billion-year-old universe. In other words, there's little chance that the universe cares about my existence, let alone when I was born.

I've never understood why science doesn't better satisfy that spiritual void. We are literally made of stardust. It doesn't get more magical than that. Unless, that is, Sunday's Super Moon, a term, ironically, first coined by an astrologer, can explain Trump's ascendancy.

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA

Leave those alt-right recruiting posters out where we can see them

A mystery person has left posters all over Toronto asking white people about their concerns and if they'd like to join the alt-right.

The city's police hate-crimes unit is reviewing complaints while city staff and residents have been pulling down these posters.

Earlier this fall, posters saying things like "If you're so obsessed with your third world culture, go the f**k back to where you came from" were mysteriously posted around the University of Alberta's campus.

It's the Case of the Unknown White Supremacist.

If as a citizen, you want to remove these posters, you're within your rights. But I'd rather we publicly reckon with the issues they bring up. To that end, I'd like to discuss some of the questions posed by the Toronto posters.

So, hey, white person:

"Tired of political correctness?" If yes, do you mind being more specific? Like, are you tired of not getting to use the N-word or are your concerns more about feeling left out of using words like "bae"?

"Wondering why only white countries have to become 'multicultural'?" There is no such thing as a white country. Next question.

"Figured out that diversity only means less white people?" Well, have you? (Just kidding! But only sort of!)

"Disgusted by the garbage on television?" Girl, me too. I can't believe that Kevin James has another television show. And Shonda Rimes can't be the

only television producer in Hollywood. High-quality television is an ideal that should unite us, not divide us.

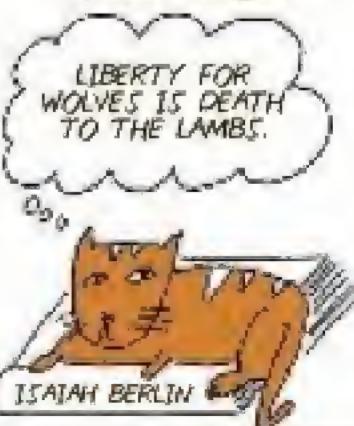
We should also be united in concern that police are intervening. Some kinds of public property, such as telephone poles, are open to those who want to promote their band's next gig, announce a garage sale or doubt the Holocaust. Even if you're not politically neutral, utility poles are.

Freedom of expression ought to be protected, not just for speech that's palatable but also for speech that's difficult to stomach. The lesson ought to be learned from the Trump win and its violent racist aftermath: Hate speech largely confined itself to dark corners of the Internet, where it went largely unexamined by mainstream media and the general public. And a dark, powerful and arguably decisive force wasn't accounted for until the votes were counted.

Canada is not immune to those forces. The Internet knows no borders. Now that ultra-right-wing ideas have made their presence felt across Europe and the United States, I want as many people — white people especially — to know about the dangers that white supremacists pose in this country, and to engage with those who are most vulnerable to those ideas.

So, hey, white person, I'll protect your right to freedom of expression if you'll listen to my concerns about race.

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Make frittatas your menu staple

RECIPE

Simple baked egg dish easy way to use up leftover foods

Karon Liu

Torstar News Service

In addition to keeping cans of beans, tuna and dried pasta at the ready, my kitchen will always have a carton of eggs on hand for those days when I'm making batches of meals.

The frittata is a simple baked egg dish that should be a regular feature on your menu.

It's an easy way to use up leftover vegetables and meats and it's fast, affordable and nutritious.

There isn't a scientific way of making a good frittata, which makes it a perfect dish for novice home cooks. The key is to have enough eggs (six to 10, depending on the size of your skillet) to cover the fillings and act as a binder so the frittata doesn't fall apart when it's removed from the pan.

When it comes to fillings, I prefer to pack it with veggies since I'm getting protein from the eggs, though if you want to use nothing but sausages and bacon, who am I to deny you such joy?

Try chopped broccoli and

cauliflower for texture, halved grape tomatoes add pops of colour, roasted peppers give sweetness, potatoes provide complex carbs and onions add wonderful aromas.

Herbs, fresh or dried, are also great add-ons to flavour the otherwise bland baked eggs.

A strong cheese like aged cheddar or gorgonzola will also punch up the flavour (careful not to go overboard on the salt in this case as the cheese is pretty salty on its own).

A well-seasoned cast-iron skillet works best for frittatas as the eggs will easily slide out of the pan when cooked, but any oven-safe skillet with a bit of oil or butter will work.

Pair leftover frittata with a salad for lunch the next day (eat it cold, because microwaving eggs will make you the office pariah) or sandwich it between a whole wheat English muffin for a protein-packed breakfast on-the-go.

Weeknight Vegetarian Frittata

Makes 6 servings.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 small onion, finely diced
- 1 garlic clove, finely minced
- 1 medium potato, diced
- 1 1/2 cups (375 mL) chopped broccoli
- Salt and pepper, to taste
- 1/2 tsp (2 mL) chili flakes
- 1/2 cup (125 mL) grated old

cheddar

- 8 to 10 large eggs, beaten

Directions

1. Preheat oven to 400F (200C). Heat medium-sized ovenproof skillet over medium heat.

2. Heat oil. Sauté onion, garlic, potato and broccoli until onions and potatoes are soft, about 6 to 8 minutes. Season with salt and pepper. Add chili flakes. Stir. Taste and adjust seasoning if necessary.

3. Spread vegetables in an even layer in skillet. Sprinkle cheese evenly on top. Pour whisked eggs into skillet, making sure eggs evenly cover vegetables and cheese. Add another whisked egg if necessary.

4. Cook on stovetop for 1 to 2 minutes, or until edges of frittata begin to set. Move to oven and bake for 20 to 25 minutes until eggs are set.

5. Remove from oven. Poke with fork to check doneness. If eggs are runny, continue to bake for another few minutes.

6. Let frittata cool in skillet for 5 minutes before flipping onto a serving plate or cutting board. Cut into wedges and serve. Let cool completely before refrigerating in an airtight container for up to a week.



Punch up the flavour of your frittatas by adding a strong cheese like gorgonzola or aged cheddar, or by mixing in fresh or dried herbs. KARON LIU

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COOKING

Inspired ideas for delicious appetizers and cocktails

When Minneapolis food and beverage mogul Kieran Follard launched his own brand of Irish whiskey, 2 Gingers, we hosted a private party in our gallery/dining space, Chowgirls Parlor. Amy created this irresistible sticky-sweet sauce of honey and citrus to pair with (guess what?) whiskey and ginger. .

Whiskey Ginger Cocktail Meatballs

Makes 24

Ingredients:

Meatballs

- 1 tbsp olive oil
- 2 tsp sesame oil
- 3 garlic cloves, minced
- 1 tbsp peeled and finely diced ginger
- 2 shallots, finely diced
- 1 lb (500 g) grass-fed ground beef
- 1/2 lb (250 g) ground pork
- 2 tsp kosher salt
- 2 tsp soy sauce
- 1 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes
- 1 cup (250 mL) rice cakes or crackers, processed to crumbs
- 1 egg
- 1 tbsp orange zest

Sauce

- 1/4 cup (60 mL) bourbon or other aged whiskey
- 1/2 cup (125 mL) freshly squeezed orange juice
- 1/4 cup (60 mL) salted butter
- 1/4 cup (60 mL) honey (preferably local)
- 1/2 tsp cornstarch
- 1 tsp freshly squeezed lemon juice
- 2 green onions, chopped, for garnish
- 1 tbsp sesame seeds, for garnish
- 1 tbsp orange zest, for garnish

Directions:

Meatballs

1. Preheat oven to 375°F (190°C).
2. In a large frying pan on high, heat olive and sesame oils. Add garlic, ginger and shallots and sauté for 3 minutes until softened. Transfer to a medium bowl. Set pan aside.
3. Using your hands, combine ground



beef and pork, salt, soy sauce, pepper, red pepper flakes, crumbs, egg, and orange zest in bowl with shallot mixture until all ingredients are well combined.

4. On a parchment-lined baking sheet, place 2 tbsp meatball mixture in mounds spaced 1 in (2.5 cm) apart. Using your hands, roll each mound into a ball.
5. Bake for 18-20 minutes or until cooked through.

Sauce

1. Meanwhile, return frying pan to high

heat. Add whiskey and orange juice and bring to a boil. When liquid is reduced to half, add butter and honey, and reduce heat to medium. Dissolve cornstarch in 2 tsp water and add to pan. Bring to boil and stir until mixture thickens, about 3 minutes.

2. Reduce heat to low, add lemon juice and meatballs to pan, and toss until well coated.

3. Garnish with chopped green onions, sesame seeds, and orange zest and serve with cocktail toothpicks.

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BY HEIDI ANDERMACK AND AMY LYNN BROWN

Roasted Fall Vegetables with Saffron Aioli

Ingredients:

- 1/2 head cauliflower, stem removed and cut into florets
- 1 acorn or carnival squash, seeded and sliced into 1/2-in (1-cm) strips
- 2 red bell peppers, seeded and sliced into 1/2-in (1-cm) strips
- 1/2 head broccoli, stem removed and cut into florets
- 1 bunch slender carrots, peeled
- 2/3 cup (160 mL) olive oil
- 5 tbsp (75 mL) kosher salt
- 5 tsp freshly ground pepper
- Saffron Aioli
- 3 tbsp red wine vinegar

- 2 garlic cloves, finely minced
- 1 pinch saffron thread, crumbled
- 1 tbsp honey
- 1 cup (250 mL) mayonnaise

Directions:

Roasted fall vegetables

1. Preheat oven to 375°F (190°C).
2. In a large bowl, toss each vegetable separately in 2 tbsp olive oil. Add 1 tbsp salt and 1 tsp pepper to each vegetable, tossing again to ensure even distribution.
3. Place on parchment-lined baking sheets and roast each vegetable until soft enough to pierce with a fork and edges

are golden, about 30 minutes. Softer vegetables such as bell peppers will take less time. Pickled carrots and daikon.

4. Display vegetables on a large platter and serve at room temperature with Saffron Aioli.

Makes 12 servings.

Saffron Aioli

1. In a very small saucepan on low heat, combine vinegar and garlic and bring to a simmer or heat in a microwave for 30-

60 seconds. Add saffron and stir to release its red tint. Add honey, stir until dissolved, and remove from heat. Set aside to cool for 10 minutes. Add mayonnaise, whisking until thoroughly combined. Makes 1 cup (250 mL)

Cold Spiced Cider

Makes 8 servings

Ingredients:

- 2 cups (500 mL) apple cider (for mulling)

- 2 cinnamon sticks

- 6 star anise
- 1 tsp whole cloves
- 1 orange, sliced
- 2 in (5 cm) fresh ginger, peeled and sliced lengthwise
- 1 cup (250 mL) bourbon
- 2 12-oz (355-mL) bottles hard pear cider

- 2 cups (500 mL) cold apple cider (for finishing)

- 1 tbsp orange zest, for garnish

- 8 star anise, for garnish

Directions:

1. In a small saucepan on medium heat, combine apple cider, cinnamon, star anise, cloves, orange slices, and ginger and bring to a boil. Reduce heat and simmer for 30 minutes to make a concentrate. Set aside and let cool.

2. Combine mulled apple cider, bourbon, pear cider, and cold apple cider in a large cocktail pitcher. Stir well and pour over ice.

3. Garnish with orange zest and star anise.



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**ROSE REISMAN THE SAVVY EATER**

THIS WEEK: Chicken chipotle tacos vs. Chipotle steak burrito

Eat like a Texan, but be smart about it!

PICK THIS**Chicken chipotle tacos (x3)**

Calories 865
Fat 24.5g
Sugar 9.5g
Sodium 1755mg

**SKIP THIS****Chipotle steak burrito**

Calories 1290
Fat 60.5g
Sugar 17.5g
Sodium 2960mg

**HERE'S WHY****Equivalent in fat to almost 8 regular hamburgers from McDonald's.**

The burrito with all the "fixins" is close to a day's worth of calories and fat, and two days' worth of sodium! The reason is not just because of the sour cream and guacamole, but the fact that a large flour tortilla has more calories, fat and sodium compared to 3 small corn tortillas. The burrito also weighs close to 24 oz, compared to the tacos coming in at about 16 oz. By going for a more reasonably-sized meal and swapping out the flour tortilla and additional toppings, you can still get a delicious and filling tex-mex meal without going off the deep end nutritionally.

FOOD**More to Fieri than greasy comfort food****Guy Fieri** THE ASSOCIATED PRESS

Of all the celebrity chefs out there, there's one you'd least expect to sing the praises of spinach, kale and Brussels sprouts. That would be Guy Fieri.

The spiky-haired champion of American comfort food is more associated with greasy chili dogs than salad, the fryer over the fig. But are you sure you know all the sides of this guy? "I'm a big greens fan. I'm a big vegetable fan. I'm a big whole grains fan. And I exercise a lot. That's how I keep this petite dancer's figure," he said, laughing. "A lot of people misinterpret what I do."

Fieri has built a food career on a certain amount of flash — a rock star image complete with tattoos and jewelry, a fleet of yellow muscle cars and high-octane dishes including Bacon Mac 'n' Cheese Burgers.

But he's also raised a family in the same Northern California house for the last 20 years, eats

a burger maybe once a month, considers culinary innovator Jose Andres a hero, and says things like "I cannot get enough farro."

Both sides are on display in his new cookbook, *Guy Fieri Family Food* (William Morrow), with recipes that range from Chicken Bacon Ranch Pizza to Quick Cracked Bulgur Wheat Salad. It's what his family eats, with tips on how to stretch leftovers into several meals.

"It kind of moves all over the board," said Fieri, who started with 200 recipes and whittled them down to 125. "It was a full-blown family project with everyone involved and picking what they liked and didn't like."

Fieri broke into the mainstream after winning *The Next Food Network Star*. He went on to put his name on more than 30 restaurants across America and Mexico.

THE ASSOCIATED PRESS

LIQUID ASSETS

Embrace simplicity with Nouveau this November

Tomorrow is the third Thursday of November which can only mean two things: a new episode of *The Big Bang Theory* and, for a whole different group of nerds, the release of Beaujolais Nouveau.

The talk of Paris, and many international cities, for most of the 1970s and '80s, Nouveau's cache became cliché during the New World wine revolution of the '90s. What goes around comes around in the liquor industry, with millennial wine fans now embracing the simplicity and fun the wine's release injects into a cold November night.

Sadly the wines are ignored by wine "experts" who just don't get that a Nouveau's fresh and juicy flavour profile is meant to inspire poems, not essays. While the selection of wines may vary across the country,

Mommessin's 2016 Beaujolais Nouveau

(\$15.99-\$18.99) has national distribution and well represents the concept.

PETER ROCKWELL/METRO



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NOTICE OF HEARING FOR**PERMANENT GUARDIANSHIP ORDER TO:****Michelle Keewatin**

Take notice that on the 28th day of November 2016 at 9:30 am, at **Calgary Family Court, Courtroom #1208, 601 - 5th Street SW, Calgary, Alberta**, an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order**, of your child born on **July 9, 2016**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.
You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR**PERMANENT GUARDIANSHIP ORDER TO:****Nahkie Medicine Shield**

Take notice that on the 28th day of November 2016 at 9:30 am, at **Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**, of your child born on **October 18, 2016**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.
You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

NOTICE OF HEARING FOR**PERMANENT GUARDIANSHIP ORDER TO:****Donna Mintuck**

Take notice that on the 28th day of November 2016 at 9:30 am, at **Calgary Family Court, Courtroom #1205, 601 - 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**, of your child born on **October 18, 2016**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.
You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978



Avalyn, 6, plays with her new Hatchimal just as it begins to peck through the shell. Hatchimals are the new weird Xmas toy flying off the shelves. The egg must be cared for until it begins to hatch just as a real egg would. Inside is a plush bird that then responds to human interaction. RICHARD LAUTENS/TORSTAR NEWS SERVICE

It's the hottest toy of the year

CONSUMER MARKET

Hatchimal sells out across Canada; savvy resellers profit

Even if they're not quite sure what it is, kids know they want a Hatchimal.

They've seen the commercials. They've seen the catalogues. Some lucky child in their class has gotten their sticky hands on one. This year's hot holiday toy comes in the form of a Draggle, Penguala, Owlicorn, Burtle or Bearakeet. The winged, cyber plush creature is hidden inside the cardboard egg until it pecks its way out.

But good luck finding one. The \$90-ish toys were released on Oct. 7 and just over a month later, are mostly sold out across Canada with savvy resellers offering the candy-coloured bird-like beings at nearly three times their value on Craigslist, eBay and social media. One was going for \$250 on a local buy-and-sell Facebook group, causing a backlash and flurry of angry messages among those who felt the resale price was exploitative. On Kijiji, one hopeful seller was offering a Penguala in a teal and pink egg for a cool \$1,000.

A message on the official Hatchimals website will likely disappoint parents looking to buy one at a reasonable price.

"The consumer response to Hatchimals has been extraordinary, exceeding all expectations. Some of our first shipments have already sold out," it says in part.

Melissa McDonald's 6-year-old daughter Ella has her heart set on a Hatchimal.

"I went to try to find one not really knowing the hype about it," said the Kitchener mom, who has now called around to area toy stores, tried to find them online and even has family keeping an eye on U.S. stores. Her daughter's friends all want one as well.

"It certainly puts parents in a tough position," said McDonald, 38. "Sometimes the hype makes people want it more, and it makes people do crazy things for the It Toy. It's like, 'If I get this for my kid, then I'm doing a great job and I'm a great parent.'"

More stock, the company assures, will be available after the holidays, in January 2017. But that only amps up the pressure.

Sometimes the hype makes people want it more, and it makes people do crazy things for the It Toy.

Melissa McDonald, Consumer

said Seung Hwan (Mark) Lee, an associate professor at the Ted Rogers School of Retail Management at Ryerson University who studies consumer behaviour.

Several forces work together to create the fuss, Lee said. First, the toy is scarce, either in fact or in parents' imaginations. Some retailers might withhold stock to create scarcity and demand. Photos of empty shelves start appearing. Parents and kids experience FOMO, or fear of missing out. Then social comparison creeps in, especially when it seems like everyone on Facebook is talking about the thing. And then there's a strong desire to belong to the "in crowd" of those lucky enough to find one.

"It's human nature to compare ourselves to other people," Lee said. He believes in the power of the influencer, the parent with a big social media following or who otherwise seem "in the know."

Although named a "top toy" for 2016 by many major retailers and appearing on catalogue covers, supply is spotty at best. Hatchimal is sold out at Toys R

Us stores across Canada, that company confirmed, adding it's unclear whether they will receive more before Christmas. The same is true of Indigo, where "sales have been off the charts," according to a spokesperson.

The store Showcase is selling via a pre-order and charging \$119.99, according to the website. At Walmart, they cost \$59.97 but are sold out online and in most stores.

Specialty store Mastermind Toys should receive a new shipment early December, flown in from factories in China.

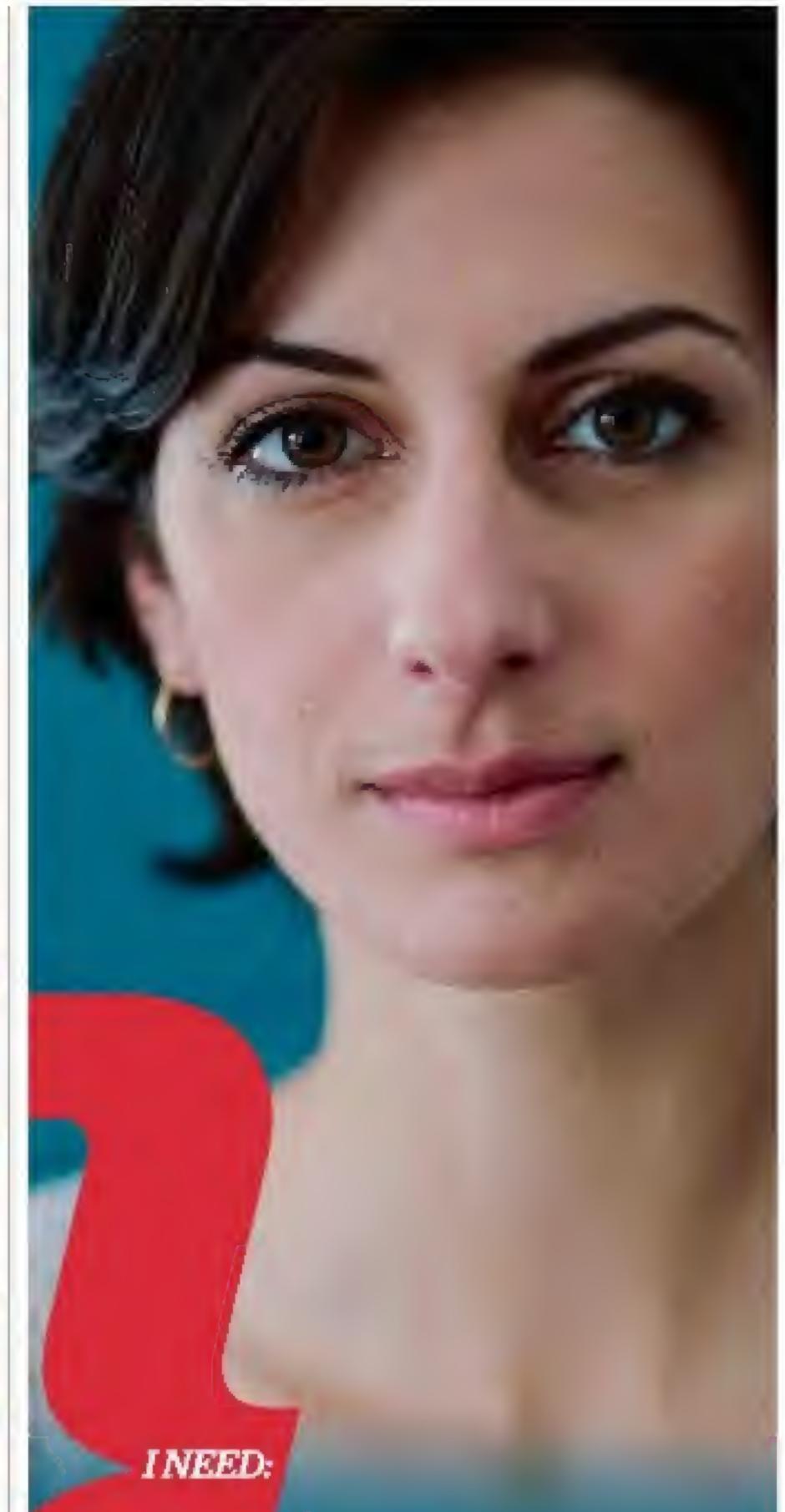
"Before then, we have some very thin product out there," said Mastermind Toys' Toronto-based CEO Jonathan Levy. "I'm sold out and I bought three times what I was comfortable with."

He likened the Hatchimal to an updated Tamagotchi, a digital pet from the '90s that had to be similarly "fed" and "nurtured" but was keychain-sized and less friendly.

Like movies and music, the October release date or "Hatch Day" was promoted "to create a bit of hype," Levy said. The company sent an email inviting its entire customer database to witness a "Hatchimal Happening."

It was also heavily promoted on Facebook, Instagram and Twitter to build awareness.

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JOHANNA SCHNELLER WHAT I'M WATCHING

Cutting your hair and other prison essentials

THE SHOW: *How to Prepare for Prison*, Nov. 16 (TVO)

THE MOMENT: The Haircut

Courtney Hills stole \$950,000 from her employer in Calgary and pleaded guilty. As she waits to be sentenced, she meets with a prison consultant, Lee Chapelle, who spent 21 years behind bars. (According to this doc from director Matt Gallagher, rising incarceration rates in North America have turned prison consultancy into a cottage industry.)

"So, haircut tomorrow," Lee says to Courtney, who is 20-something, with long hair. "We know why we do this: manageability, potential lockdown, lack of shower time, plus eliminate any chance of somebody being able to use it physically against you, grabbing your hair."

In an interview for the camera, Lee explains, "Prison changes people. You put on a mask to survive. You don't cry, you don't smile. As time passes, this is no longer an act. This becomes the person."



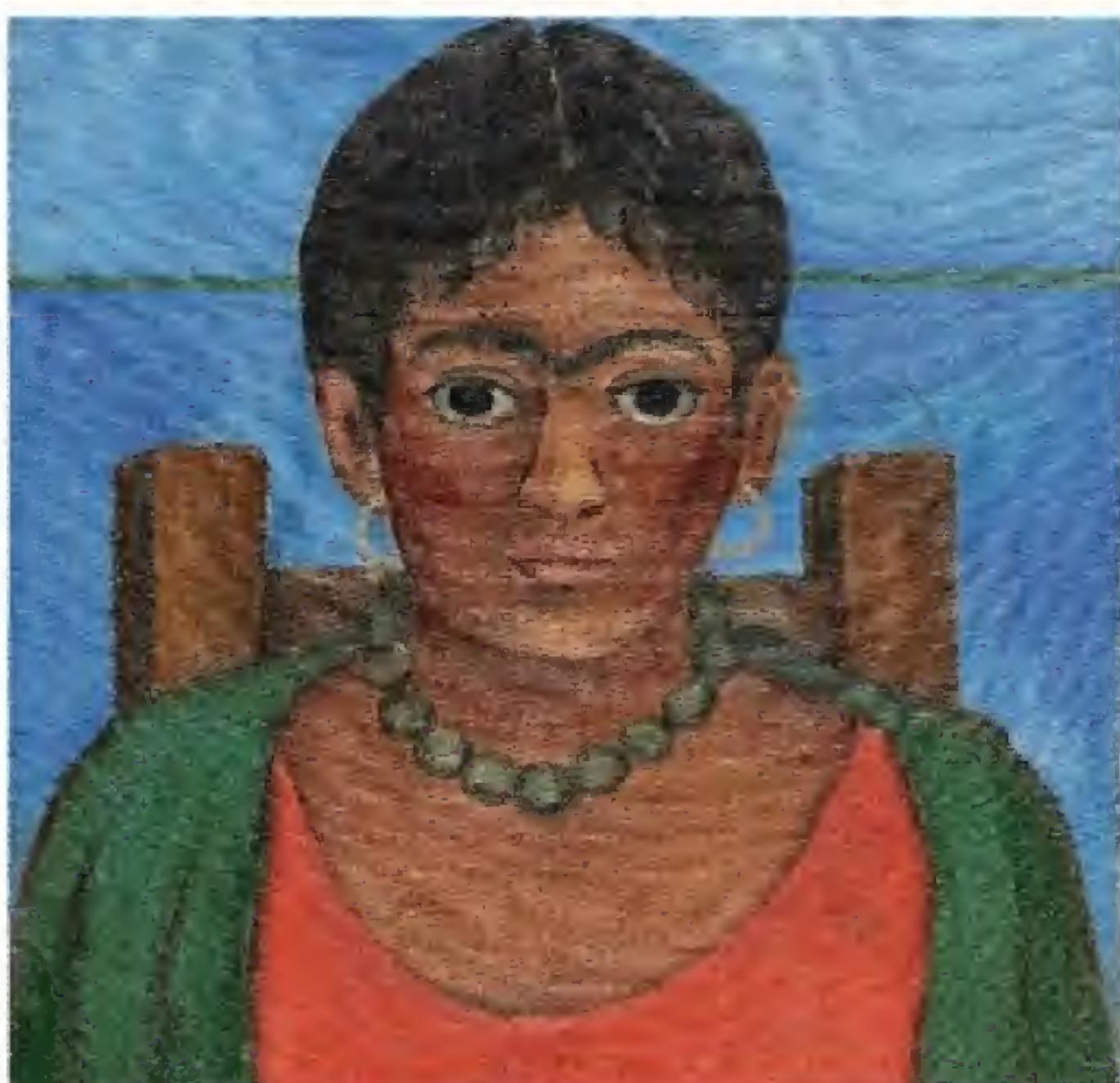
Courtney Hills is told by prison consultant Lee Chapelle that she has to cut her hair before going to prison. CONTRIBUTED

"I have to become someone I'm not but not lose the person I was," Courtney says.

Inside this film is another fascinating one waiting to be made about prison consultants — great topic! — and the scene above should be in it. I'd love to be walked through the steps that a person needs to take to be ready to do time.

Despite its promising title, this is film is not that. Instead, it decries a system that sends non-violent offenders to prison and then, somewhat cruelly, tries to manufacture suspense about what kind of sentence Courtney and two other accused criminals might get. It should have been called, *I Wish Someone Had Scared Me Straight, But Now It's Too Late*.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



MODERN ART PRESERVED '20S PAINTING FOR SALE' A rediscovered painting by Frida Kahlo is going to auction. The 1929 portrait, called "Nina con collar" or "Girl with necklace" will be part of Sotheby's Latin America: Modern Art sale on Nov. 22. Its pre-sale estimate is 1.5 to \$2 million. THE ASSOCIATED PRESS

DRATHE JOHNSON
as VAIAMI
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as HONORI

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No purchase necessary. Contest open to residents of Quebec, British Columbia, and Alberta, who have reached the age of majority in their province. Odds of winning depend on the number of eligible entries received. Skill testing question required. Value of passes is \$35 and soundtrack is \$10. Contest closes at 9:00 a.m. on November 16, 2016. Complete contest rules at www.wonderlist.ca.

MUSIC

Deadmau5 loses the mask to teach

Canadian DJ and electronic dance producer Deadmau5 is lifting off his signature mouse head for a series of online classes about making music.

Deadmau5, whose real name is Joel Zimmerman, will host more than 20 lessons for the online educational organization MasterClass.

Each session costs US\$90 and comes with a digital workbook.

Organizers say the Niagara Falls, Ont., native will offer

advice on "melodies, mixing and mastering to make unique sounds you can't find in a cookie cutter sample pack."

It's part of a growing series of online lessons offered by MasterClass.

The company has already brought in pop singer Christina Aguilera to teach singing lessons and The Social Network screenwriter Aaron Sorkin to talk about story structure.

THE CANADIAN PRESS



Joel Zimmerman of Deadmau5, is interviewed without his usual over-sized mouse head costume. Zimmerman will be teaching online classes about making music. THE CANADIAN PRESS

GOSSIP BRIEFS

The Rock named People's Sexiest Man Alive

Former WWE champ Dwayne "The Rock" Johnson can add People's Sexiest Man Alive title to his list of accomplishments.

The wrestler-turned-actor was crowned this year's winner Tuesday morning. The 44-year-old tells the magazine that the honour means he has "pretty much reached the pinnacle." Johnson is set to discuss his new status with Ellen DeGeneres on her talk show Tuesday.

THE CANADIAN PRESS

Election mourning at Women of the Year event

Glamour magazine closed its 26th annual celebration of trailblazing women with a star-studded tribute to Hillary Clinton.

Lena Dunham, Shonda Rhimes, Elizabeth Banks, Chelsea Handler, Ted Danson and Constance Wu were among the entertainers who paid homage to the Democratic presidential candidate at Glamour's Women of the Year Awards Monday in Los Angeles. They listed Clinton's achievements and thanked her for her leadership.

THE CANADIAN PRESS



POVERTY IN REAL LIFE

Calgarians' true stories of struggle lead to change

One in 10 Calgarians live in poverty. One in five is concerned they don't have enough money for food. A full third of people in the city are worried they don't have enough money for housing.

Those statistics are more than numbers to John Jackson, co-owner and executive chef of two popular Calgary restaurants, Charcut and Charbar.

Jackson's mom raised her three kids on her own, spending time in a shelter and relying heavily on social services. Jackson has never forgotten how his family struggled to make ends meet. And that's why he hires people who are living in poverty. They need a chance, and when he gives it to them, despite homelessness or addiction, they prove to be hardworking and reliable.

Jackson is one of the thousands of indi-



Calgary restaurateur John Jackson speaks to the crowd at Enough For All's public awareness launch. CONTRIBUTED

vidual Calgarians supporting Enough for All, a strategy that's aimed at reducing poverty in Calgary by 50 per cent by 2023. It's based on the notion that there are already enough

resources for everyone living in the city, and a wide range of people, businesses and social agencies can work together to redirect, coordinate and build on those existing re-

sources to reduce poverty.

"It's been a struggle," says Amber Cannon, a born-and-raised Calgarian who is living in poverty. "It's not wanting to wake up the next day. It's not being able to be a good mom, not being able to care for your own family. That's what poverty means to me." The single mom had to live in her car with her child after she lost both her jobs. "It's pushing through the day with missed meals and pushing aside the worries and the fears to just go on."

Lucy Miller, the president and CEO of United Way of Calgary and Area, knows all about that. She grew up in extreme poverty in Cape Breton. "One of my biggest memories of childhood was trying not to cry at night because I was so hungry," she says. "My father drank every cent he made."

But one person gave Miller a chance — a job — so she could attend university. "I was never poor again," she says. "Education changes the cycle of poverty."

Anyone can make lasting, positive change that impacts all Calgarians. Visit EnoughForAll.ca to learn more about people living in and beyond poverty and find out how you can help. Enough for All is a community-driven initiative supported by the City of Calgary, the United Way of Calgary and Area, Momentum, Vibrant Communities Calgary and the Calgary Foundation.

FOR ONE IN THREE CALGARIANS, MAKING RENT THIS MONTH IS THE BIGGEST NEWS OF THE WEEK.



Let's commit to ending poverty in our community. Wear a ring to show your support for the 1 in 10 Calgarians living in poverty. Together, we can make sure there's enough for all.

Raise your hand and join the cause at EnoughForAll.ca

Focus RS worthy of the hype



ROAD
TESTED

THE CHECKLIST | 2017 FORD FOCUS RS REVIEW

THE BASICS

Engine: 2.3L turbo four-cylinder
Power: 350 hp, 350 lb-ft
Transmission: Six-speed manual
Fuel Economy (L/100 km): 12.1 city, 9.3 hwy
Price: Starts at \$47,969



LOVE IT

- Power for days
- Smooth-shifting gearbox
- Torque-vectoring AWD

LEAVE IT

- Bland interior
- Non-adjustable seat bolsters
- In-your-face exterior

REVIEW

What it lacks in subtlety it makes up for in power

 **Dan Ilika**
AutoGuide.com

Count me among the embittered, my frustration growing with each passing year as another European sports wagon or hot hatch fails to make it to this side of the Atlantic.

But the tide is slowly turning, and with it, my feelings from frustration to jubilation, as more and more bubble-backed dream machines make their way to North American shores. Among the latest to do so is the Ford Focus RS, a rally-inspired ride that would make even the most die-hard Subaru fan blush.

The Focus RS is the third—and hottest—hot hatch in Ford's current crop of cars, joining ST versions of the Focus and smaller Fiesta. And while those two are easily counted among the most fun-to-drive cars on the market today, they seem optically ordinary when lined up next to the RS.

The gargantuan grille, massive spoiler, and rear diffuser

complete with huge exhaust tips are definitely not doing anything to hide what lurks beneath the sheetmetal. Add in the optional nitrous blue paint, and the RS borders on aesthetically offensive, and has "cop-magnet" written all over it.

It's not that there's anything particularly wrong with the Focus RS, but it's far from understated, and won't check any boxes for those in the market for a sleeper.

What's under the hood will do about as little to avoid the attention of the local police as the in-your-face exterior, with power coming from the same 2.3-litre turbocharged four-cylinder found in the Mustang EcoBoost. Truthfully, I never thought the engine was a match for the Mustang, feeling a bit unresponsive and underpowered. Neither of those issues plague the EcoBoosted RS, though, with a few extra tricks up its sleeve — namely a new twin-scroll turbocharger and larger intercooler — that help push output to a ridiculous 350 hp and 350 lb-ft of torque.

After years of begging, Ford has finally answered the call, delivering the Focus RS to North American shores for the first time — and with it, a car worthy of the hype. It is one of the most fun, well-rounded sports cars I have ever driven, proving itself user-friendly and smile-inducing in a way that's hard to match.



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1.8 SR
model shown

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Tesla's cross-country road trip a challenge

AUTONOMOUS DRIVING

Ambitious plan faces difficulties

 **Brooks Harvey**
AutoGuide.com

Tesla CEO Elon Musk recently revealed that every new Tesla will be fully capable of driving itself, and he wants to prove that the technology works by driving one from Los Angeles to New York in 2017 totally autonomously. But there are dozens of challenges standing between Musk and his goal.

New Tesla cars will come fitted with sensors and cameras that Musk said will give his cars the potential for level 5 autonomy. Basically, a level 5 car requires zero interaction from the driver and, in theory, wouldn't even require a steering wheel or gas pedal.

Most autonomous driving vehicles today fall under level 3 autonomy, meaning the cars have an option to control acceleration and steering, but still require a human driver to



Experts suggest Elon Musk's plans to drive a car across the U.S. by itself could work in theory, but his 2017 deadline might not be realistic. THE ASSOCIATED PRESS FILE

intervene in certain conditions. Musk, however, wants his car to go across the country with basically zero human intervention.

Bryant Walker Smith, an automotive engineer and lawyer who specializes in autonomous driving, said he believes the trip is definitely possible, but that people need to understand the difference between fully autonomous driving and partial automation. In this case,

partial automation means it's not full-time self-driving, but rather a mode that can be switched on where the car can handle all the driving without the need for human input. This would classify as level 4 automation and anything under level 4 is basically advanced cruise control that can brake and steer.

"The important point that people miss is that they talk about automated driving as if

it's one specific technology that exists, and that's just not true," said Smith. "It's a range of technologies and applications, many of which are only under research and development, and some of which are deployed in limited context."

Limited context being the key phrase here, because there would be many unique challenges a self-driving car would face driving across the country, such

NOT NEW

Similar attempts

Musk's plan to have a vehicle drive itself across the country may seem cavalier, but it is not completely new. Several automotive companies have already had partially autonomous vehicles make long-distance road trips, including Mercedes parent company Daimler and automotive supplier Delphi.

as deer running onto the road, bad weather, confusing roads, or construction and detours. When asked what the status was on its projections, Tesla declined to comment.

"By definition, if a vehicle is Level 4, it is capable of either dealing with detours, or pulling off to the side of the road safely and waiting for somebody to drive it," said Smith.

"These cars don't have superpowers ... If a deer were to run out in front of a car and there was no possibility of a human stopping, then, as the law of physics would dictate, neither would the automated car."

Smith notes that it's difficult to talk about what would happen if a fully automated level 5 vehicle made a road trip, because the technology isn't ready yet.

"We can talk about what would be expected of the system at the point that it is ready, but implicit in that is the important recognition that these systems have not been commercialized yet because they are not ready."

Smith said he believes the higher levels of automation will likely be possible by the end of Tesla's timeline under very limited circumstances. So it's not a question of if but when.

Raquel Urtasun, an associate professor at the University of Toronto who specializes in machine vision for autonomous driving (how the vehicle sees by interpreting visual data into its computers) believes autonomous driving technology isn't quite ready to be fully rolled out by Musk's 2017 deadline.

"The technology is not ready, and the Tesla autopilot accidents in the past few months are an indication of this fact," she said.

"It might be possible to do a long-distance drive, but it's not really about that. It's about doing millions of drives and that's a different story," she said.

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"I don't agree with the system of oppression": Colin Kaepernick is standing by his decision not to vote in the U.S. presidential election

Johnson, Flames set losing streak afire

NHL

Goalie helps Calgary turn ship around with shutout

Johnny Gaudreau's goal early in the first period held up and Chad Johnson stopped 27 shots for Calgary's first shutout of the season, fuelling a 1-0 victory for the Flames over the Minnesota Wild that ended their four-game losing streak on Tuesday night.

Outscored 17-4 over the skid, with two of those goals from Gaudreau, Johnson and the Flames gave their NHL-worst goals against average a big boost. Their scoring differential, now at minus-19, is last in the league.

Flames goalie Brian Elliott, formerly of the St. Louis Blues, has an 8-2 record with a 2.18 goals against average in 12 career games against the Wild, but Johnson got the call from coach Glen Gulutzan instead.

Devan Dubnyk made 26 saves for the Wild and has given up only nine goals in his last eight games, stopping 245 of 254 shots.

The Wild brought the NHL's fifth-best penalty kill at 88.1 per cent into the game, but Gaudreau tallied the sixth power-play goal against them



Flames goaltender Chad Johnson makes a save ahead of Wild winger Jason Pominville on Tuesday night in St. Paul, Minn. PAUL BATTAGLIA/THE ASSOCIATED PRESS

TUESDAY In Minnesota

1 **0**
FLAMES WILD

this season just 6:05 into the game. Johnny Gaudreau made a slick move worthy of his intrepid nickname, snagging a lead pass from Mark Giordano

and skating across the front of the goalmouth to get Dubnyk to go with him before tucking in a backhander for the lead.

That came just seconds after Mikko Koivu misfired on a breakaway shot. Jason Zucker and Mike Reilly each hit posts later in the game for the Wild, whose stretch of 10 games in 17 days didn't start smoothly. They fell to 4-2 at home after their first contest at Xcel Energy Cen-

ter in two weeks.

The game devolved into a slog of penalties and scuffles throughout the second period, spilling over into the third, and the Wild weren't able to knock any shots past Johnson despite myriad scoring opportunities. They've allowed an NHL-low 29 goals in 15 games.

Calgary returns home to face Arizona on Wednesday night. THE ASSOCIATED PRESS

CFL

Combine on the move to Regina

The CFL is breaking with 17 years of tradition and moving its biggest off-season event, the national players' combine, west to Saskatchewan.

The league will host the combine as part of a new event called CFL Week from March 20-26 in Regina. The combine has been held in Toronto since 2000.

CFL commissioner Jeffrey Orridge and Saskatchewan Roughriders CEO and president Craig Reynolds made the announcement Tuesday afternoon from the central prairie city.

Regina will be the first of many rotating stops for the combine and the larger CFL Week.

"We'll start in Saskatchewan and the idea is to roll it out to other CFL cities," Orridge said.

The three-day player combine has previously seen the likes of Saskatchewan defensive



Jeffrey Orridge

Both were used in rotational defensive schemes throughout the season by the Roughriders and the Tiger-Cats.

The combine allows Canadian players to show off their athletic and football-specific skills to the league's coaches in hopes of landing a roster spot on one of the league's nine teams.

"I think the idea is to showcase these guys," Orridge said. "Not only the guys that we have, but the new stars, the up-and-coming stars." THE CANADIAN PRESS

Grey Cup fete backs LGBTQ community

The Canadian Football League is rolling out the rainbow carpet at the Grey Cup in Toronto.

The CFL and You Can Play will host an official party supporting the LGBTQ community for the first time in CFL history, on Nov. 25 — the Friday night of Grey Cup Weekend.

The celebration, in down-

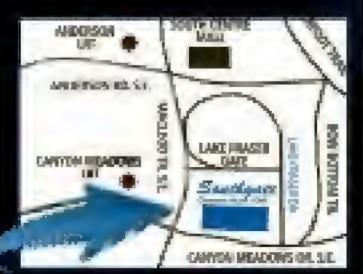
town Toronto, will be powered by global law firm Baker & McKenzie, and Striker Sports Bar — Canada's first LGBTQ sports bar which opened in September.

"It's another step we're taking to ensure the CFL is a home for all fans," CFL commissioner Jeffrey Orridge said in a statement. THE CANADIAN PRESS



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Cavs sink Raptors to match best start

NBA

James and co. edge Toronto to make it nine wins out of 10

LeBron James had 28 points and 14 assists, Kyrie Irving scored 24 points and the Cleveland Cavaliers beat the Toronto Raptors 121-117 on Tuesday night to match the best start in franchise history after 10 games.

It was another tense matchup between the teams who met in last season's Eastern Conference finals and could get there again. Channing Frye's 3-pointer from the top of the key with 59 seconds left put the Cavs up by one. Cleveland then buckled

down on defence, holding the Raptors scoreless until letting Kyle Lowry make a layup with 2.8 seconds left. Kevin Love added 19 points and 13 rebounds for the Cavs, who are 9-1 for the first time since 1976-77.

Lowry scored 28 and DeMar DeRozan added 26 for the Raptors, who complained about fouls called against Lowry and Jonas Valanciunas in the final two minutes and a possible goaltending violation against the Cavs that wasn't called in the closing seconds. Toronto came in 5-0 in games where Lowry and DeRozan combined for more than 50 points.

The Cavs made 13 3-pointers and have dropped at least 10 in all 10 games, extending their league record to start a season.

After DeRozan's free throw

TUESDAY in Cleveland

121 CAVALIERS **117** RAPTORS

put Toronto ahead 115-114, Frye knocked down his 3, and following a timeout, DeRozan missed a jumper. The Cavs called time with 41.3 seconds left and then ran a designed play for James, who got free for a layup to make it 119-115.

James extended the lead to five with a free throw and the Raptors missed several easy shots before Lowry's layup got them within 120-117. Cleveland's Iman Shumpert closed the scoring with a free throw with 1.8 left.

THE ASSOCIATED PRESS



Cleveland Cavaliers' LeBron James, right, drives past Toronto Raptors' Norman Powell during the first half in Cleveland. James scored 28 on the night. AP PHOTO/PHILL LONG

+ LEBRON ANGRY

LeBron James respected Phil Jackson's unmatched coaching accomplishments. That affection has vanished. "I've got nothing for him," James said Tuesday.

James fired back at the 11-time coaching champion and current New York Knicks president for using the word "posse" in a recent interview to describe the NBA megastar's business associates. James said he lost all respect for Jackson and his comments underline a larger societal issue for young African-Americans trying to succeed in business.

In the interview, Jackson said James has always demanded preferential treatment and called his departure from Miami as a free agent a "slap in the face" to the Heat.

THE ASSOCIATED PRESS

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8	7	5	6	9	1	4	3	2
3	2	4	7	5	8	6	9	1
9	6	1	2	3	4	8	7	5
2	1	3	8	6	9	7	5	4
5	9	6	4	1	7	2	8	3
7	4	8	5	2	3	9	1	6

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IN BRIEF

CFL moving its national combine to Saskatchewan

The CFL is breaking with 17 years of tradition and moving its biggest off-season event, the national players' combine, west to Saskatchewan.

The league will host the combine, part of the CFL Week event, from March 20-26 in Regina.

The combine has been held in Toronto since 2000.

THE CANADIAN PRESS

Panthers edge Canadiens

Aaron Ekblad scored in overtime as the Florida Panthers beat the Canadiens 4-3 on Tuesday night, handing Montreal its first two-game winless streak of the season.

Alex Petrovic, Kyle Rau and Denis Malgin scored for the visiting Panthers (8-7-1) in regulation time.

Max Pacioretty, David Desharnais and Paul Byron scored for Montreal (13-2-2) season.

THE CANADIAN PRESS

MLB

Roberts, Francona named top managers

Dave Roberts of the Los Angeles Dodgers has won the National League Manager of the Year award and Terry Francona of the Cleveland Indians has earned the AL honour.

Roberts won in his first year as a manager. A former backup outfielder, his highlight as a player was a key stolen base in the 2004 playoffs for a Boston team guided by Francona.

Roberts beat out Joe Maddon, who led the Chicago Cubs to

the World Series championship, and Washington's Dusty Baker. Roberts led Los Angeles to the NL West title despite the Dodgers putting 28 different players on the disabled list, more than any team in the last 30 years.

Francona guided a club beset by injuries and drug suspensions to a surprising first-place finish. The Indians had a 3-1 lead in the World Series before the Cubs rallied.

THE ASSOCIATED PRESS

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RECIPE Shrimp with Bacon and Polenta



Ceri Marsh & Laura Keogh
For Metro Canada

We call this dish a pantry staple (you keep shrimp in the freezer and polenta in the cupboard, right?) so you're always only 25 minutes away from dinner.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 4

Ingredients

- 1 cup instant polenta
- 4 1/2 cups water
- 1/4 cup bacon, chopped
- 2 garlic cloves, minced
- 2 Tbsp olive oil
- 28 oz can of tomatoes
- 1 lb frozen or fresh shrimp, peeled, deveined, washed
- 1 small handful of parsley

Directions

1. Bring water to boil and slowly pour in polenta. Lower heat and keep stirring 3 to 5 minutes. Then take it off the heat and cover.
2. In a large pot, warm olive oil, then add bacon and garlic. Cook a few minutes until bacon gets brown, but not crispy. Add tomatoes and break up with back of a wooden spoon or a potato masher. Simmer about 10 minutes.
3. Toss shrimp, with or without tails, into tomato mixture and stir, cooking about 3 minutes, or until shrimp are cooked.
4. Give polenta another stir and maybe add a splash of water to loosen it. Create a nest of polenta and then ladle your saucy shrimp on top. Garnish with parsley.

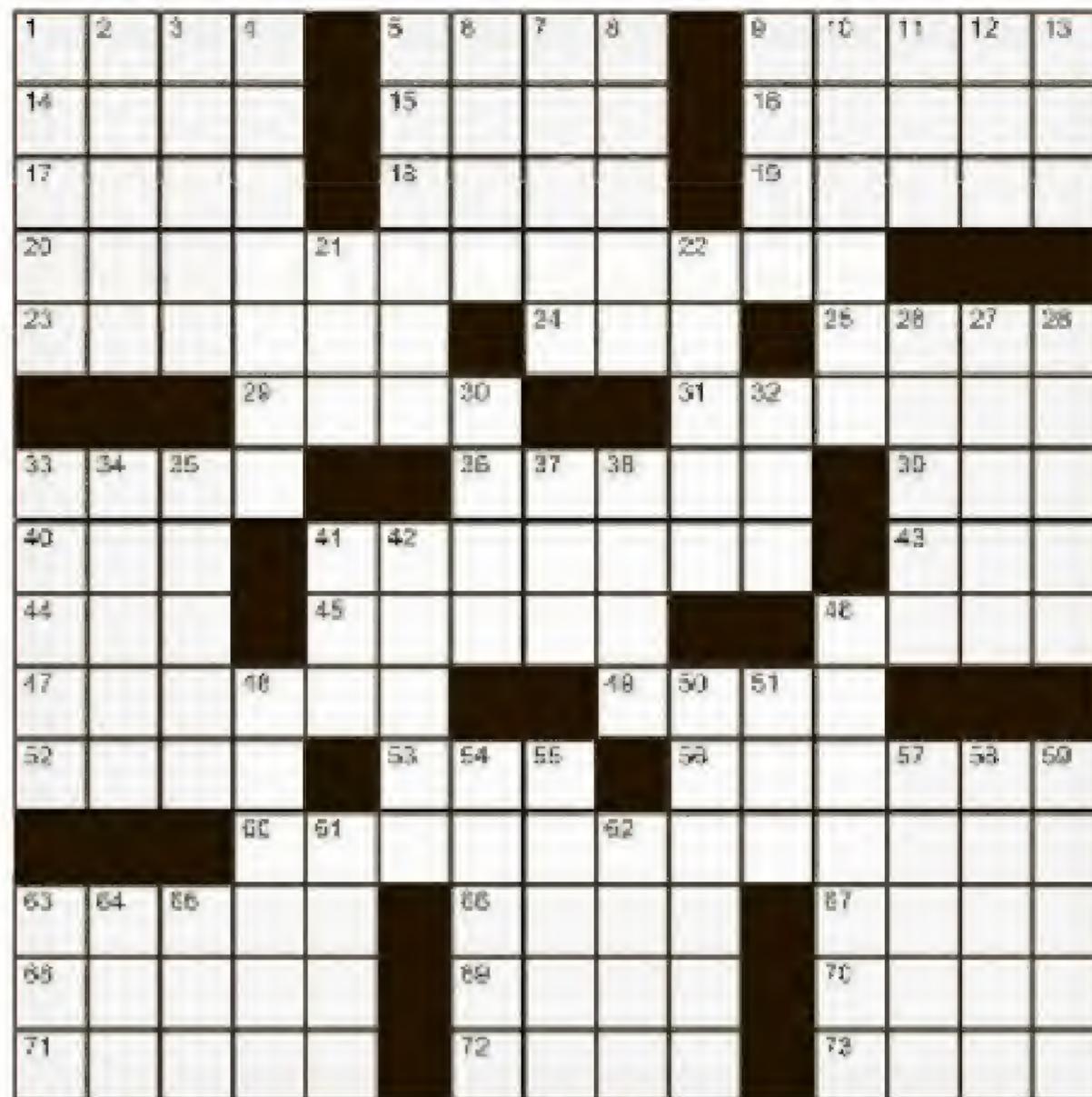
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BY KELLY ANN BUCHANAN

ACROSS

1. King of Norway
5. Certain credit card
9. Concerning
14. Photographer/Mistress/Muse of Picasso, _ Maar (b.1907 - d.1997)
15. Worldwide [abbr.]
16. _ Bay, Ontario
17. "Blame ___ the Boogie" by The Jacksons
18. Tread
19. Rhinoplasty targets
20. Calgary Flames' affiliated team in California in the AHL: 2 wds.
23. Russian ballet legend Ms. Karsavina (b.1885 - d.1978)
24. Luminox
25. Camera lovers
29. Jim Carrey movie, "The ___" (1994)
31. Be a hero
33. Elvis Presley dog song: "Old ___"
36. Fab Four's famous Road
39. G7 summit attendee
40. "___ the Dog" (1997)
41. 1971 hit for Canadian band Stampeders: 2 wds.
43. Kevin Costner movie, "___ Cup" (1996)
44. Not one in particular
45. "___ Is Born" (1976)
46. Jiffs
47. Creative genre



for Andy Warhol: 2 wds.

Love"; 3 wds.

63. Trans Canada ___

66. Nature's oxygen provider

67. Monogram's first name letter [abbr.]

68. Bizarre

69. Send forth

70. 'Susp' add-on

71. Wheel shafts

72. Blaring blah-blah-blah...

73. Types of orchestras, for short

74. Canadian actress

Emily of "Captain America: Civil War" (2016)

5. Scenic views

6. "___ the Groove" by Madonna

7. Office item, ___ pad

8. male
9. Ms. Kendrick
10. Restaurant seating preferences
11. Ethers partners
12. Driver's 4x4, commonly
13. Pluralled it/1 weekday after Wednesday
21. Isthmus of ___ (Malay Peninsula part)
22. Mr. Zimbalist Jr.
26. Intense
27. Madonna song
28. Mr. Penn's
30. Go-___ (Fun racer)
32. Behold
33. Give and takes
34. Vietnam's capital city
35. Country in Africa
37. Lingerie item
38. Roger McGuinn, as a 1960s band member
41. Ford product
42. Awakened
46. Analyzes
48. Pursue a passion
50. Rik of Canadian rock band Triumph
51. Glamorous accessory
54. Blue Rodeo's "___ the Rain"
55. Montreal-born actress Ms. Shearer (b.1902 - d.1983)
57. Bright outside
58. Earthquake
59. 'Disk' suffixes
61. Yores
62. Harness
63. Defunct airline, e.g.
64. T-___ (Big dino)
65. Garlic: French

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a day full of surprises. You might meet new people, especially younger people or people who are characters. Enjoy this day!

Taurus April 21 - May 21
Your finances are unpredictable today. Please take note: This is a poor day to spend money on anything other than gas, food and entertainment.

Gemini May 22 - June 21
For most of this day, the Moon is in your sign, but it is adrift. This is why you feel indecisive and unsure of what to do next. Just go with the flow.

Cancer June 22 - July 23
Solitude and a chance to work alone will appeal to you today. This is a poor day for making important decisions or spending money on anything other than gas and food.

Leo July 24 - Aug. 23
You will enjoy a heart-to-heart conversation with a female friend today. This is the kind of day where people will let their hair down and confide in each other.

Virgo Aug. 24 - Sept. 23
Be aware of what you do today, because others will notice you. This is not a good day for making important decisions. Do not volunteer for anything or accept increased responsibilities.

Libra Sept. 24 - Oct. 23
You will enjoy travel for pleasure today, plus a chance to see beautiful places and artistic objects. You want to expand your mind, but you don't want to make too much effort to do so.

Scorpio Oct. 24 - Nov. 22
Although you are focused on shared property, insurance issues, taxes and debt, today is a poor day to make important decisions in these areas. Just do your homework.

Sagittarius Nov. 23 - Dec. 21
For most of today, do not make demands of others. Conversely, don't volunteer for anything, either. Just go with the flow.

Capricorn Dec. 22 - Jan. 20
Your efforts to get better organized today will be challenged by silly interruptions and delays. Just take care of business as usual, and don't initiate anything new.

Aquarius Jan. 21 - Feb. 19
This is a wonderful, creative day for you! Look for ways to express your artistic talents. Enjoy sports events, social outings and playful times with children.

Pisces Feb. 20 - March 20
This is a good day to cocoon at home and do as little as possible. Use today to recharge your energy in a laid-back, easygoing way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4	7	3	8
6					4
	3		9		5
7		8		2	
5					7
	9		6		4
8		6		7	
	3				9
6	1	8	5		

WHAT WOULD
YOU DO WITH
AN EXTRA \$400?

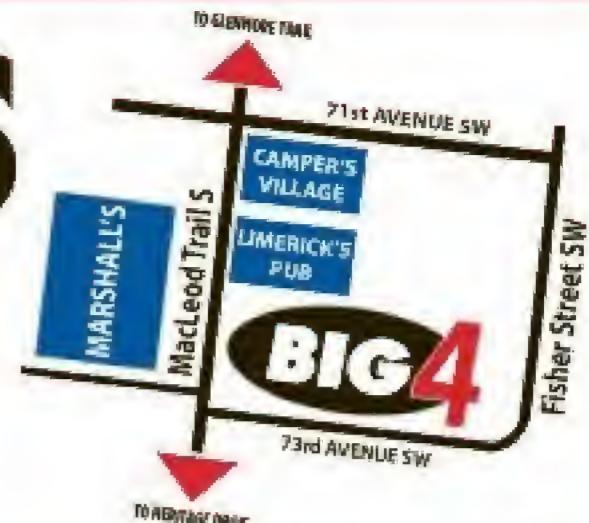
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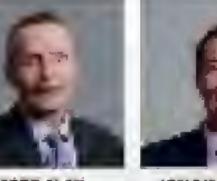
ROB COLEMAN
DEALER PRINCIPAL
21 YEARS



DARCY SCHINOUR
SALES MANAGER
20 YEARS



MARTIN VENNERI
SALES MANAGER
10 YEARS



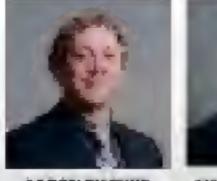
SCOTT CLAY
6 YEARS



JOHAN DEBEUGO
11 YEARS



HAN KIM
25 YEARS



JOE CHIARIZIO
48 YEARS



AARON SNOWIE
9 YEARS



MICHAEL CYBULSKI
11 YEARS



PHIL LAWRENCE
23 YEARS



JOHN QUINLAN
14 YEARS



BILLY MANSOUR
2 YEARS



SCOTT SCHINOUR
6 YEARS



TODD CLAYTON
8 YEARS



JIM NARFASON
FLEET MANAGER
23 YEARS



CALEAN WOOD
SALES MANAGER
10 YEARS

*AMVIC LICENSED. ALL OFFERS OAC. ALL OFFERS INCLUDE FEES AND TAXES BUT EXCLUDE GST. BIWEEKLY PAYMENTS BASED ON 60 MONTHS @ 0% (CHEROKEE LIMITED), AND 96 MONTHS @ 3.49% (CHEROKEE SPORT, RAM) WITH \$0 DOWNPAYMENT. COB=\$6,449 (RAM SPORT). ALL REBATES TO DEALER (INCLUDING ALL RAM/JEEP LOYALTY/CONQUEST CASH). MUST HAVE A RAM/JEEP OR COMPETITIVE SUV TO QUALIFY AND JEEP CHEROKEE 60 MONTHS FINANCE CASH. VEHICLES MAY NOT BE EXACTLY AS SHOWN. INVENTORY ACCURATE AT TIME OF PUBLICATION. LIMITED TIME OFFERS. SEE DEALER FOR DETAILS.



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Guest Speaker

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